

Ways to Wellness Virtual Membership

Welcome to your **Ways to Wellness Virtual Membership!** You now have exclusive access to dozens of virtual wellness opportunities - live and on-demand. We're happy to have you here! Thank you for choosing Ways to Wellness to enhance your wellness journey.

Your Membership Includes:

- 10 LIVE fitness classes per week (\$150 value)
- 1-2 cooking classes per week (value \$138)
- 3 mind body classes per week (\$75 value)
- Pop-up nutrition, wellbeing and fitness classes

- LET'S GET STARTED -

- 1 Log into your Ways to Wellness account at fairview.org/wellnessrsvp
- 2 Click on the "**Virtual Classes**" tab to view and sign up for member-only virtual classes
- 3 You will receive a confirmation email with the link and password to view your class. ***If you do not get an email, update your preferences in your account or call us at 651-232-1926***



DID YOU MISS YOUR LIVE-STREAM CLASS?

No worries! You have access to an exclusive library of recorded classes, including all classes that take place live. We will email you weekly with the link to the library.

Visit Discoverw2w.org/virtualmembership for 24/7 access to Virtual Class Schedule, Coach bios, class descriptions and more.