

You are receiving this email because you have expressed an interest in Active Southern WV.

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A nonprofit promoting public health for the residents of southern West Virginia by offering an array of activities led by trained leaders from within the communities they serve.

ACTIVE

SOUTHERN WEST VIRGINIA

December Activities

Community Captains provide instruction & equipment

Families of all ages can try:

[Walking](#), [Hiking](#), [Tai Chi](#), [Yoga](#), [Mediation](#), [Dog Walks](#), [Rock Climbing](#), [Aerobics with ReFit Revolution](#), [Bootcamp Fitness](#), [Pickle Ball](#)

*Beginner level with instruction provided by Active SWV **Community Captains**. They are our heroes!

Special Events Include:

[Ugly Sweater 5K Walk or Run](#) Dec 1st
[PIES & PINTS supports Active SWV](#) Dec 4th
[Caroling in Fayetteville](#) Dec 17th

View the full calendar here:

[Active SWV Webpage Calendar](#)



Active SWV fundraiser at PIES & PINTS

Pies and Pints in Fayetteville, WV will be donating a portion of their sales on December 4th from 5pm-9pm to Active Southern West Virginia programs.

[Facebook Event Page link](#)



Meet the Community Captain of the month!

Lori Keller

Lori is the Community Captain of our Gentle Yoga Class.

"I wanted to reach out to an older population of people in our community who I felt could really benefit from an easy form of yoga that ANYBODY could do no matter what their physical limitations were. I wanted to create a safe, comfortable, and completely supportive, environment for them to be able to come and feel better."

Take a minute to read a little more about Lori and why she is an inspiration to others. [Click here to read more](#)



Participant of the Month Mava Whitlock

Mava participates in the Active SWV yoga classes with Community Captain Lori Keller. Mava is 82 years young and has been doing yoga two days a week for the last 12 years. Mava says

"You are never too old to do a little bit of yoga."

[Click Here to Read More about Mava's Yoga Story](#)



Participant of the Month Honorable Mention City of Beckley Mayor Rob Rappold

Active SWV would like to express our appreciation of his support and example to other elected officials, community leaders, and economic development advocates. It sincerely speaks volumes when he attends our events and engage with our volunteers and participants. Here is what Mayor Rappold had to say about the nomination.

"Active Southern WV's approach makes it so easy to get back into physical activity of some type. I am fortunate to work with many people who also see the benefits of a healthy and active workforce. Besides that, participating with dedicated and positive people that comprise Active SWV is uplifting and enjoyable. **I encourage every elected official to exert their positive influence to achieve the goals of Active SWV.**"



Bicycle Pedestrian Action Committee

The Active SWV Bike/Walk program is ready to provide technical assistance for your community to explore ways to improve pedestrian and bicycle safety and accessibility.

[Read the full article here](#)



Active SWV Bike/Walk Bike/Walk Coordinator position open for applications

Seeking applicants for the 2018 VISTA

Active SWV is seeking qualified candidates interested in working with the communities of southern West Virginia to improve safe access to physical activities and increase recreational opportunities.

[Read more about the position here.](#)



Hear From the Kids Run Club Supervisor Emily Wilkinson

"Not only are the Active SWV Kids Run Clubs growing in number, but they are also strengthening in size.

Many Kids Run Clubs have participation numbers that make up over half of eligible aged students.

We believe this demonstrates the strong need for and support of the Active SWV Kids Run Club program from teachers, students, and families." Emily Wilkinson

Does your school need an Active SWV Kids Run Club? Contact our office to request a facility informative presentation about the Active SWV Kids Run Club program. Info@activeswv.com or (304) 254-8488.

[Read more from Emily](#)



Workplace Wellness Learn ways to improve your health while at work

Active SWV wants to be part of your work day by offering ways to stay active in the workplace. The Active SWV Workplace Wellness program is now **open to 2 new businesses**, offices, school facilities, or organizations, for free.

Contact our staff for a review of the program.
info@activeswv.com

Pictured here is the City of Beckley Sanitation Board practicing workplace stretches. Do yourself a favor and set an alarm to get up and stretch every hour today.

[Active SWV Workplace Wellness Starter Kit](#)



Caroling in Fayette County

Active SWV wants you to dust off those Silver Bells and we do not want it to be a Silent Night because It's the Most Wonderful Time of the Year for caroling.

December 17th at 6:30 pm we will meet by the Courthouse in Fayetteville to bring Joy to the World and go walking in a Winter Wonderland. Please dress for the weather cause Baby Its Cold Outside.

[Facebook Event Page link](#)



Active Southern West Virginia | (304) 254-8488 | Info@activeswv.com | www.activeswv.org

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