



SHE RECOVERS® FOUNDATION

MOVEMENT = MEDICINE

MOVE WITH US

We invite you to join one of the following to get your 108 minutes of movement in with us! Just register at www.movemetequalsmedicine.org, set up your fundraising page and then join us for any of the activities below to get in your 108 minutes!

 THE PHOENIX <small>RISE RECOVER LIVE</small>	SHERECOVERS® FOUNDATION	 PELTON®
<p>Monday, Sept 26 10am EDT 30 Min Full Body Workout with Melissa</p> <p>Thursday, Sept 29 11am EDT 30 Min Crossfit with Nicole</p> <p>Monday, Oct 3 10am EDT 30 Min Full Body Workout with Melissa</p>	<p>Saturday, Oct 8 6:30pm EDT Virtual Celebration</p> <p>SHE RECOVERS Yoga with Taryn Strong</p> <p>Bodyful Practice + SHE RECOVERS Dance with Payton Kennedy</p> <p>SHE RECOVERS Together Online Gathering with Dawn Nickel</p>	<p>Be sure to use the #SHERECOVERS when you ride</p> <p>Sunday, Oct 2 LIVE 12pm EDT 30 Min Feel Good Ride with Ally Love</p> <p>On Demand Classes 30 Min WHM Celebration Ride with Tunde Oyeneyin <i>Saturday, 3/20/21</i></p> <p>30 Min Together We Ride with Robin Arzon <i>Friday, 5/13/22</i></p> <p>20 Min in Reflection Ride- 'I Am' with Christine D'ercole <i>Thursday 4/21/22</i></p>
<p>Friday, Oct 7 8pm EDT SHE RECOVERS + The Phoenix Belly Dancing Class</p>		