

Greetings Twigs,

At the end of this email you will find the Zoom invitation for our upcoming October Monthly Member Meeting to be held this Monday, October 12. The Zoom session will begin at 7:00 with a 30 minute interactive session **AgeProof Your Body** by Josh D'angelo and Movement X, followed by our normal business meeting. The agenda for the meeting is attached.

Seema Nawaz, our Ad Hoc Program Chair, has arranged for the AgeProof Your Body session. Here are her remarks and instructions for the session. I look forward to all of you participating.

Move and Live Your Best with the [AgeProof Your Body](#) Exercise Series!

- *Hi ladies,*
- *I am excited to partner with the Doctors of Physical Therapy and Personal Trainers at [MovementX](#) to bring you an AgeProof Your Body exercise seminar to help you move and live your best. The class will cover education and exercise around an important topic to all: **BALANCE!***
- *Please see below the message from MovementX.*
- *Thanks, Seema*
- **How will this work online?** *We will hold the session online at the membership meeting on October 12 at 7 – 7:30 p.m.*
- **How do I participate?** *You have 2 options: (1) participate live and have your video on to receive real time feedback and cuing, or (2) participate live, but no video/camera required.*
- **What will I need for class?** *We recommend you have an exercise mat and a chair or something stable to hold onto for balance. No other equipment is required! We do recommend athletic, looser fitting clothing so that we can see you well!*
- **What are the classes like?** *During the seminar, we will briefly cover an education session and 3 balance exercises. Each exercise will have 3 levels of participation so that you can find the right degree of challenge! After you find your level, we will combine the exercise routine into an EMOM (every minute on the minute) circuit!*
- **Am I right for this?** *Each class is **designed for anyone** from youth athletes, to weekend warriors, to grandparents, and is further personalized with individual cuing. We will always do our best to ensure you are comfortable with and confident in your ability to successfully complete each exercise.*
- **How much does it cost?** *This is a free event to thank the members of The Twig organization for the fantastic work they do!*
- **How can I participate further?** *If you enjoyed the class, we would love for you to consider signing up as an AgeProof Member! Head to [our website](#) to find out more info.*
- *Get excited to be empowered through exercise & movement! In the meantime, if you have any questions, please feel free to contact Josh at josh@movement-x.com. It is our goal to take great care of you!*
- *Your partners in health,*
- *Meredith, Josh, and the MovementX Team*

I look forward to seeing all of you Monday evening. Sustainers, we encourage you to participate as well. Here is the Zoom invitation:

The Twig is inviting you to a scheduled Zoom meeting.

Topic: Twig October Monthly Member Meeting
Time: Oct 12, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95354500081>

Meeting ID: 953 5450 0081

One tap mobile

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Find your local number: <https://zoom.us/u/ab1Je1xO4O>

Yours in Twig,

Candace

Twig October 12, 2020 Monthly Member Meeting

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