

Full Body Workplace Stretching Program

Feeling stiff? Is extended screen time ruining your posture? Register for our Full Body Workplace Stretching Program and learn how to: increase blood flow to your muscles, re-energize, integrate stretch breaks into your daily routine and feel better!

Learn proper stretching. [Register TODAY!](#)

6-week Stretching Program

Weekly emails include:

- Educational material
- Guided stretching videos
- 5 - 6 stretches per week targeting specific areas of the body.



To Register, click here: <http://eepurl.com/jvM00I>
or scan the QR code with your smart phone.

