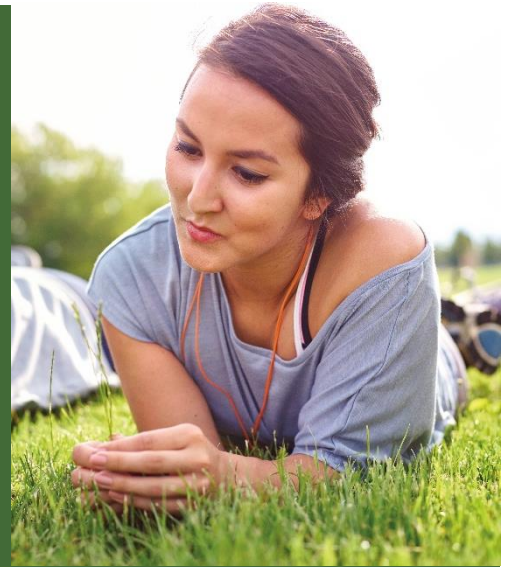


Mindful Stretching



Living with Uncertainty

Our schedule and daily lives have dramatically changed from a few weeks ago. The COVID-19 pandemic has potentially affected your mental, physical, and emotional health. It is especially important during this time to provide care for YOU.

Mindful Stretching

This 1-hour webinar will focus on:

Virtually walking attendees through a gentle approach to stretching that incorporates chair-based exercises and stretches.

We hope to see you online!



Webinar Details

Date: Wed June 10th, 2020

Time: 12:00pm - 1:00pm

Webinar Link:

link6.10stretching.losrios

Session Code: 285 078 540

Password: thrive123

Phone-In Option:

Call: 1 (408) 418-9388

Access code: 285 078 540

*For the best audio experience, we recommend using the call-in/call-back feature