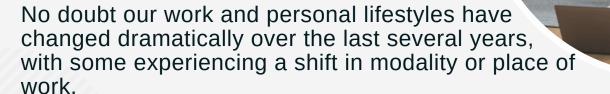


AT-HOME WORKOUTS THAT ADD UP!



Even if not working from home, we may not be planning to return to a gym setting, have access to one, or time to go.

Join this discussion on some easy exercises you can do almost anywhere to stretch, strengthen and gain fitness. No equipment is necessary!

Date: Wednesday, September 10, 2025

Time: 12:00 - 1:00pm CT

How to join: Click the link here to join the Teams meeting. No registration

required.

Presenter: Michelle Dawes, AllOne Health Personal Trainer & Wellness Coach