

MID-DAY STRETCH SESSIONS

Do you experience neck and back stiffness or pain on a regular basis? Do you find that you spend large segments of time at your desk without moving?

These mid-day stretch sessions will offer gentle movement that can be done at your worksite to get the blood flowing, ease tight muscles, promote improved posture, reset your nervous system, and give you a boost of energy to power you through your workday.

Dates: Wednesdays, July 10 - 31, 2024

Time: 2-2:15pm Central Time

Registration: No registration necessary! Join online from your workspace, home, or onsite

Coach: Coach Danielle



Wednesday, July 10: Click [here](#) to join or in Lakeside Conference Room 430

Wednesday, July 17: Click [here](#) to join or in Lakeside Conference Room 430

Wednesday, July 24: Click [here](#) to join or in Lakeside Conference Room 236

Wednesday, July 31: Click [here](#) to join or in Lakeside Conference Room 236