



FREE Community Wellness Offering



STRETCH. BREATHE. FEEL BETTER.

FREE Weekly Virtual Stretch Classes

Take 15 Minutes
for YOU!

No Registration
Stress

- ✓ FREE
- ✓ Virtual
- ✓ Join from Anywhere!



MONDAYS,
WEDNESDAYS & FRIDAYS



Live on Zoom



Just 15 Minutes



Join Virtually

Registration needed to
receive your Zoom ID and
passwords.

forthehealthcare.com

Join from your home,
office, or wherever you
have internet!



WHAT TO EXPECT:



Gentle Full-Body Stretching

Perfect for all ages and
fitness levels.



Improve Flexibility & Mobility

Help reduce stiffness and
move more comfortably.



Recharge Your Day

Take a short break for your
body and your mind.



Stretch today.

Feel better
tomorrow.



Small breaks.

Big benefits.



Move with purpose.

Stretch with
confidence.



0 Expectations. Just Show Up.

Whether you're in your living room, office, or taking a quick break during your day,
these **FREE** virtual stretch classes are here whenever you need them.



Everyone is Welcome!

Perfect for beginners, experienced
exercisers, employees, community
members, and anyone looking to
improve flexibility and feel their best.

YOUR WELL-BEING MATTERS.

We'll see you online!

