



**Saturday, June 3, 2023**

**FREE TO ALL**

**STRETCH FOR HEALTH & WELLNESS**

- INCREASE FLEXIBILITY
- DECREASE MUSCLE AND JOINT PAIN

LOCATION: MAIN CLUBHOUSE BALLROOM

**THERE WILL BE TWO COMMUNITY STRETCH EVENTS**

**8:00 AM – 8:45 AM FLOOR STRETCH - BRING A MAT, TOWEL OR PILLOW FOR YOUR NECK**

**9:00 -9:45 AM – CHAIR STRETCH – IF GETTING ON THE FLOOR IS NOT COMFORTABLE, THIS ONE’S FOR YOU**

For questions, contact Lisa at 732-299-7676

**Lisa Cohan Aronow**

**732 299 7676**

**Presented by FitnessIQ, LLC**