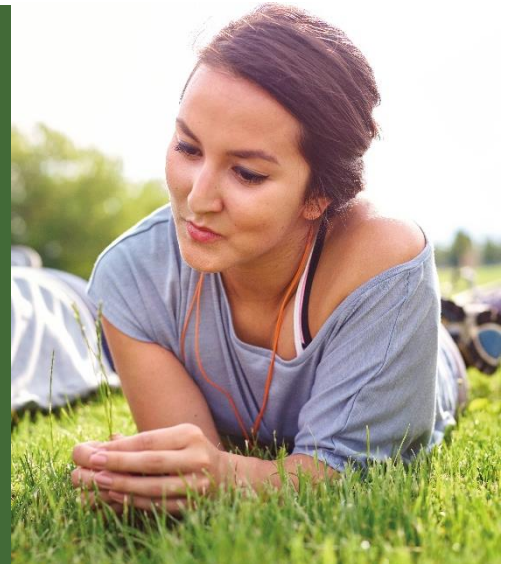


# Mindful Stretching

Addressing wellness during uncertainty



## 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

The following areas of focus will be discussed during this 1-hour, video webinar:

- The power and purpose behind mindful stretching
- The connection between body, mind, & heart
- Actively stretch the upper and lower body
- Learn to stretch while sitting and standing

This webinar can help you become more centered and secure during this time

**Limited to 500 Registrants. We hope you will attend!**



## Webinar Details

Date: Tues. May 26, 2020

Time: 10:00am – 11:00am

Registration Link:

[reglink5.26stretching.uop](https://reglink5.26stretching.uop)

Phone-In Option:

Call: 1 (408) 418-9388

Access code: 288 959 311

**For better audio, we suggest you use the call-in number rather than listening through your computer.**