

VIRTUAL STRETCH SERIES

STRETCH FOR GOOD HEALTH

OCT

VARIOUS DATES IN OCTOBER
BEGINNING OCTOBER, 17
12:00 - 12:30 P.M.

NOV

VARIOUS DATES IN NOVEMBER
BEGINNING NOVEMBER 1, 2023
12:00 - 12:30 P.M.



BENEFIT

BOOK
NOW!



The Virtual Stretch Series is designed to help individuals improve their flexibility, mobility, and overall well being by providing accessible and convenient ways to enhance physical health and promote relaxation. This free series catersto all fitness levels and isopen to staff, faculty, retirees and students.

UCR

Human Resources
Workplace Health
and Wellness