

Learn to Stretch Like a Cat

WEDNESDAY, JANUARY 19
FROM 5:15PM-6:15PM
AND
SATURDAY MARCH 5
FROM 9AM-10AM

Join therapist Barbara Brewer for a workshop designed to educate you on your connective tissue and how to manipulate it with various forms of stretching. You will learn principles of Myofascial Release to gently stretch for longer periods of time and allow your tissues to relax. You will also learn stretch techniques to use while sitting, as well as the use of the Longevity Stick to maintain ease of movement and prevent recurring pain in the body.

- \$25 Per Person
- Longevity Sticks and chairs provided
- Please bring your own mat!
- Call 714-578-8770, email stjudewellness@stjoe.org, or
SCAN THE QR CODE to register!

