

## **RACINE COUNTY SUMMER STRETCHING SERIES**

**Wednesdays 12-12:15pm CT July 17 -August 7**



Stretching is such an important practice to bring into your day. In this 4-part stretching series, participants will follow along as we cover an assortment of techniques including helpful stretches you can do anytime to prevent pain and tension, seated stretches, stretches that are effective in preparation for physical activity at home or work, and stretches to relax your body and mind.

### **Coach Kiersten Gelfand**

Enjoy instruction from Kiersten who is a certified instructor and loves to educate on movement!

### **Join in on the stretching series live!**

- Four Wednesdays in a row starting Wednesday July 17 from 12-12:15 pm CT (7/17, 7/24, 7/31, 8/7)
- Simply accept the calendar invite and treat yourself to a 15-minute guided lunchtime stretch session