



**Please Join Us in Celebrating Good Health!**

**AN INTERACTIVE  
INSTRUCTIONAL WEBINAR**

**DE-STRESS  
AT YOUR DESK**

**SEPTEMBER 14<sup>TH</sup>  
12:00PM – 1:00PM ET**

**Learn to...**

Revive and recharge right in your chair at your desk with forward bends and twists in conjunction with breath work...this will leave you feeling more open, relaxed, and ready for the workday!

**Click Here to Register**

To test the software prior to this webinar, go to: <https://zoom.us/test>

