Desert Recreation District-

Bermuda Dunes Community Center • 78-400 Ave 42, Bermuda Dunes

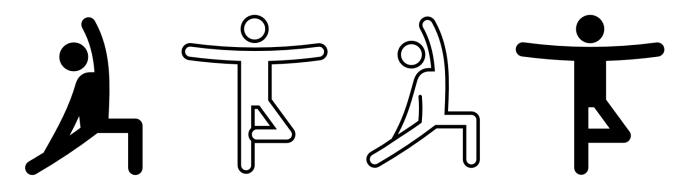
ADAPTIVE STRETCH &



RELAXATION

A great way to keep your body limber.

Can assist with fine and gross motor control and range of motion. No experience needed!



- WHO: Individuals with a disability or special need 10 Years of Age and Over
- WHEN: Mondays, September through December 2023 10-10:45 A.M.
 - FEE: \$25 per month, or FREE with our ADAPTIVE MEMBERSHIP
- EXTRAS: -Wear close toed shoes -Bring water



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