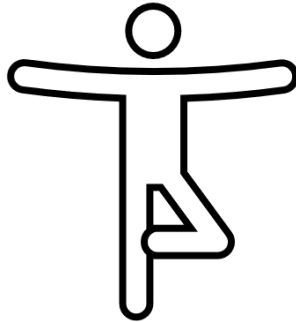


ADAPTIVE STRETCH & RELAXATION



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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