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## **Move for Health**

Date and Time

Monthly on the third Tuesday at 9:30am for 3 times

Upcoming

- Tuesday 5/21/2024 9:30 to 10:30am
- Tuesday 6/18/2024 9:30 to 10:30am

Event URL

[Learn how to join online here.](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Move for Health. will be held on April 16, May 21, and June 18, 2024 from 9:30 am until 10:30 am. Available both onsite and online.

Dr. Darcy Higgins shares stress management techniques for your body and your brain. Unlock better sleep and better days.

**April 16:** Stress Management for your Body & Your Brain - for Better Sleep and for a Better Day

**May 21:** Improving Your Healthspan - Lifestyle Factors We Can Control

**June 18:** Muscular Trigger Points & Pain - What are they and how do I get rid of them?

Free and open to all.

If joining remotely, click on the link below a few minutes prior to program:

<https://us06web.zoom.us/j/85643508289>

Event Image or Sponsor Logo  
Image

