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Power with Movement, Online

Date and Time

Tuesday 10/26/2021 10:00 to 11:00am

Event Region

Charlottesville Area

Event Type

Class - Workshop

RSVP Info

jkc3g@yahoo.com

Event Cost

\$0.00

Event Description

Power With Movement - Online Tuesday, October 26, 10:00–11:00 am Learn how low impact movement improves balance, increases muscle strength for daily activities, and can improve your mood. Joanne Coleman, nurse practitioner, will share information about low impact movement and provide you with gentle stretches you can do daily. Free and open to all. Email Joanne to register at jkc3g@yahoo.com