

Stretching: Body & Mind

Tuesday, March 25, 2025

(1 class)

6:45pm – 7:30pm

***Twin Bridges NP-Led Clinic
(Program Room - Front Street Entrance)***

*This is a **beginner-level class**, combining the benefits of gentle stretching and guided meditation. The goal is to improve mobility and reduce tension using a combination of stretching, guided meditation and progressive relaxation techniques.*

***Please bring your own exercise/yoga mat
and water.***

Register at www.twinbridgesnplc.com