



Lori Morell from
Presents...
**Stretch & Flex
Class!**

Stretch & Flex is a 30 minute chair class that will lengthen your muscles, oxygenate the brain and ease joint pain to maintain your flexibility.

Thursday, September 10 - 2:00pm
via Zoom

Zoom ID NUMBER: 889 7514 8094

Lori Morell is the Director of Health & Wellness for the Parker Health Group. Lori is a Certified Wellness Coach and has spent the last 20 years working with the Active Adult Communities to provide Exercise & Health Educational programs so people may have a quality of life while Aging in Place.