

Posture Alignment Clinic

2-Part Series



Session 1 (May 1) will address:

- What does it mean to have good posture and why is it important?
- Things that contribute to poor posture
- Individual postural assessments
- Practice good posture both sitting and standing
- Demonstrate & practice posture-improving exercises

Session 2 (May 8) will address:

- A review from the first session
- Practice good posture both sitting and standing
- Demonstrate & practice posture-improving exercises
- Postural assessment while doing various movements

These classes will have both lecture and practical components. Come dressed for light exercises but you will not break a sweat.

Instructed by: Julie Drackett

Wednesdays, May 1st & 8th
12p - 12:45p

YourChoice Fitness Center
1012B Manatee Ave, Bradenton - Next to MCG Admin

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register
(select "Posture Alignment..." in the dropdown menu or use the search bar)



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