



# 15-MINUTE STRETCH BREAK!

Frequent stretching of the neck, shoulders, mid and low back, hips, and wrists can help ***REVERSE*** the daily stresses of workplace sitting! Take a 15-minute stretch break and return to work feeling rejuvenated and relaxed!

Instructed by Julie Drackett

**Tuesdays & Thursdays 10:30am**  
**Fridays 7am**

**YourChoice Downtown Fitness Center**  
1012B Manatee Ave , Bradenton

Come dressed as you are!  
*(dog not included)*



For More Information Contact: YourChoice Fitness Center  
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