Morning Stretch

Please note: This information is correct as of May 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.

Wake up with a morning stretch class and to get energized for your day! In this 30-minute class we will perform energy-boosting movements (sitting and standing), focus on proper breathing, and hydration. Required equipment: A sturdy chair without armrests, water and favorite morning beverage.

Led by: Jane Myers, OTR/L

Thursdays Virtual Only
9:00 a.m.–9:30 a.m.

To participate in this class, please register at www.cscatlanta.org/calendar.