



**Kelchner Fitness Center  
Presents**

# **STRETCH THIS NOT THAT!**

Friday, November 1, 4:00 PM

## **WHAT**

- Learn how and where to stretch to reduce stress and strain and promote relaxation and muscle balance
- This stretch class experience is a gentle and relaxing way to end the week

## **WHERE AND WHEN**

- Kelchner Fitness Center Group Fitness Room
- Friday, Novmeber 1st
- 4:00 - 5:00 PM

**Presented By**  
**Heather  
Gustafson**  
RN,BSN,MBA,IPT

Heather is a Positional Therapist and yoga instructor specializing in posture, stress, and pain reduction