

# Celebrage

Warrnambool Seniors Festival 2019

## WELLNESS SESSION: LET'S STRETCH

Instructor: Michelle Steere Venue: Archie Graham Community Centre – Rec Hall

Too often stretching is misunderstood and therefore it's rushed or even skipped.

Learn techniques to complement your usual strength workout to improve your flexibility, posture and general mobility.

Includes supported standing, barre and optional floor exercises to help activate muscles that may have become tight and weak.

EXAMPLE: The images below show different ways to stretch the hamstrings and gluteal muscles. Which ones do you currently do and which ones would suit you better.



### Date/time:

- Tuesday 15 October 8.45-9.45am and 10am – 11am
- Wednesday 16 October 11.45am-12.45pm
- Thursday 17 October 8.45-9.45am and 10am – 11am
- Friday 18 October 11.45am-12.45pm

**Cost:** \$6

**Bookings:** at Archie Reception or phone 5559 4920.