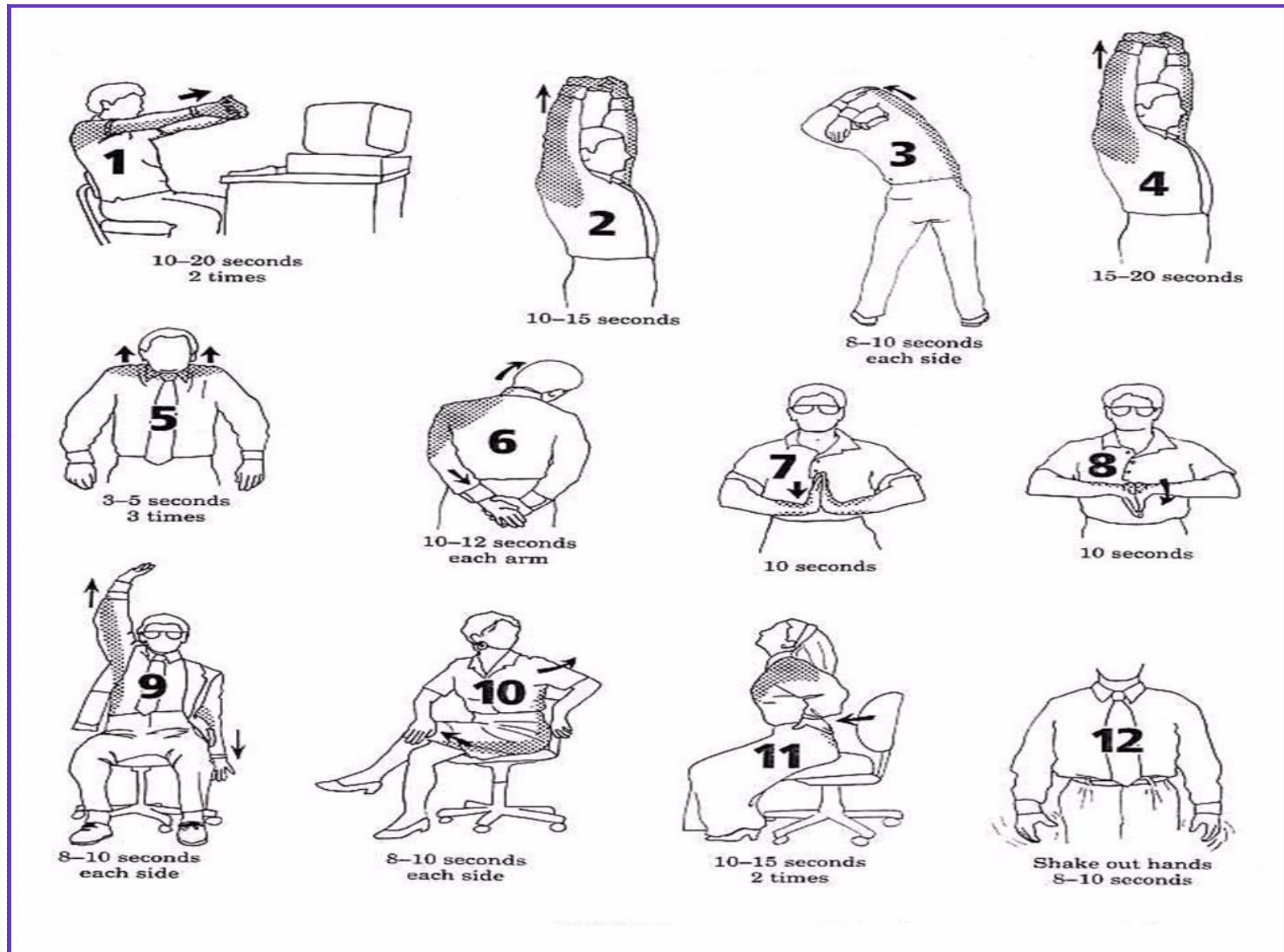


STRETCHES TO DO AT WORK

Prolonged periods of sitting can wreak havoc on the natural curvature of the spine. Does your lower back often feel tight and uncomfortable? Do your shoulders feel like they are inching up toward your ears? Moving through a few stretches throughout your day will help relieve that constant tension and help you feel refreshed and alert.



Any questions, please contact: Debby Schiffer, Wellness Director for TRICO & BURLCO JIF
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