



## Morning Stretch

*Please note: This information is correct as of January 2024. Times may change, so visit our website at [www.cscatlanta.org](http://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  
9:30 a.m.–10:00 a.m.**

To participate in this class, please register at [www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar).



Registration  
Calendar



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