

ADAPTIVE STRETCH & RELAXATION



A great way to keep your body limber.

Can assist with fine and gross motor control and range of motion. No experience needed!



WHO: Individuals with a disability or special need
10 Years of Age and Over

WHEN: Mondays, May-Aug 2023
10-11 A.M.

FEE: \$25 per month, or FREE with our
ADAPTIVE MEMBERSHIP

EXTRAS: -Wear close toed shoes
-Bring water



Like us on <https://www.facebook.com/MyRecreationDistrict>



Follow us on <https://twitter.com/mydrd>