Desert Recreation District-

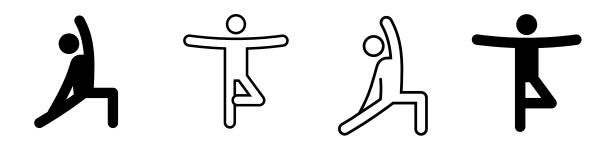
Bermuda Dunes Community Center • 78-400 Ave 42, Bermuda Dunes

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

For information or to register, visit MyRecreationDistrict.com or call (760) 347 – 3484 -