

Stretch Class

Starting 20 September 2023
at Colesville United Methodist Church
52 Randolph Rd, Silver Spring, Md 20904

4:30 – 5:30 PM in Anderson Hall

Learn how to stretch and increase flexibility

Learn how to live a healthier life

Learn to make your Lifespan a Healthspan



**Registration forms outside the sanctuary,
Classes are \$5 per class for one month at a time (\$20 at registration)
20 Sep - 13 Dec 2023 with a 2-week hiatus October 25 & November 1.**



**Please bring a thick mat & water.
Wear loose comfortable clothes & shoes***

** test comfort before attending. In shoes with socks, pants & shirt, test moving freely*

Questions? Call or email Cathy Romano at adultgirlscout1960@yahoo.com or 301-260-0006