

Chelmsford • Improve Your Posture



Take Some Time
for Yourself to:

- Improve posture
- Reduce pain
- Increase energy

6-week Program on Wednesdays

January 10 to February 14, 2018

4:00 – 5:00 pm

Town Offices Gym (except first class in Town Offices Room 205)



Are you concerned about declining posture? As we age, atrophy of our muscles and general deconditioning can cause us to stoop forward, often causing pain in our back, neck and shoulders. In this workshop, you will learn about the anatomical breakdown of your spine and discover new ways to feel and look younger, thus increasing energy. Session 1 includes lecture, demos, stretching, and Q&A. All other sessions, held in the gym will be exercise-based.

- Free program open to all Town of Chelmsford employees; also open to all employee spouses on the Chelmsford MIIA health plan
- All levels of experience are welcome
- Bring a mat and water bottle

Leaders: Linda Moran, CYT, MS, PT and Paul Connolly, Certified Exercise Specialist

Registration: Please register by January 5 with Mary Harrington at mharrington@mma.org or 617-426-7272 x278. Class size limited to 30. Please let Mary know if you are a MIIA/Blue Cross member.

Attend 5 out of 6 sessions and receive 10 Well Power points redeemable on the ahealthyme website.

Testimonial: The instructor explained every stretch as we were participating and made sure we were doing it the correct way...this made the program fun for everyone!" (past participant)

