

# Wellness Week – Solo & Assisted Stretch Workshop

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## SOLO & ASSISTED STRETCHING WORKSHOP

**Date:** Wed. Nov. 27, 2024

**Time:** 4:30-5:30pm

**Check-in Time:** 4:20pm

**Location:** Newnham Fitness Centre, Studio

### [Registration Form](#)

In this 1-hour session, Sophia Plank (a certified Fascial Stretch Specialist, Personal Trainer, and Kinesiology graduate) will guide you through effective stretching techniques to enhance your flexibility, improve joint health, and manage pain. You'll also learn simple but powerful tools to optimize your movement and overall performance.

Regular stretching can help reduce muscle soreness, improve ease of movement, and alleviate pain –whether from workouts or everyday activities.

Refreshments will be provided for you after the workshop.

Don't miss out on this opportunity! Spots are available on a first-come, first-served basis.

**What to Wear** ~ Comfortable athletic attire

**What to Bring** ~ A water bottle and a lock to store your belongings in a locker

**Check-in Reminder** ~ Arrive at 4:20pm and scan-in at the Fitness Centre front desk before heading into the studio ~ First come, first serve

**To Do** ~ If you haven't already completed your Athletics & Recreation membership registration, you can so do [here](#).