

JOIN STRETCHLAB SANTA FE FOR A

STRETCHLAB PRESENTATION

WITH Q & A

TOPICS WE WILL COVER:

- WHAT IS STRETCHLAB?
- WHY STRETCHING?
- IS IT SAFE AND BENEFICIAL TO STRETCH WITH PARKINSONS?
- GUIDING ATTENDEES THROUGH STRETCHES TO PRACTICE AT HOME.
- HAVE YOUR QUESTIONS ANSWERED.

WRIST AND FINGER STRETCH



ARM STRETCH



ANKLE ROLL

