## HorizonBlue.com/shbp





Rejuvenate yourself with this awesome stretch class that you can do anywhere. Learn techniques that you can apply as a healthy break during your busy day. No equipment necessary! Chair Yoga/ Stretching Wednesday, September 28 5:30 p.m. - 6:30 p.m.

**Register Now** 

Space is limited.

Please talk to your doctor before beginning an exercise program.

Need Help Getting Care? Call a Horizon Health Guide at 1-800-414-5HBP (7427).

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