

Everyday Mobility Training



October 14th

1-1:30 p.m

Attend this FREE webinar from your computer, tablet, or smartphone!

Good mobility is the foundation of how we move through daily life. This session teaches practical movements to support mobility, flexibility, and posture for everyday activities. Whether you sit at a desk all day or stay physically active, learn simple exercises that keep your body moving well.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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