



# DEEP STRETCH

**Prevent Injury! Start a  
Balanced Physical Routine**

*Every Friday*

*Time: 5:30pm to 6:30pm promptly*

*Instructor: Heidi Hening*

*Location: 2723 East Main St, WFC*

*Cost: Membership to CMHS Wellness & Fitness Center*

*\*You are required to bring your own Yoga mat\**

## Wellness & Fitness Center



Community Memorial Health System