



# Give yourself a healthy boost

## Take a convenient online class

### Strengthen and Stretch at Your Desk

**Date: September 17, 2024 | Time: 12:00pm – 1:00pm**

**Join via computer or mobile device at:**

<https://event.on24.com/wcc/r/4630769/CAAB6112EDD83B637C6338D4BC2826B3>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

**Description:** You can still gain the benefits of exercise even on the busiest of days. Learn exercises that you can do at your desk or in your workspace that stretch your muscles and build strength. Reduce backpain by learning how to improve your posture while at work!

For questions, contact: Jessica Houze, [jessica.houze@fultoncountyga.gov](mailto:jessica.houze@fultoncountyga.gov)

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