

# Virtual Stretch Series

Led by: Ed Marchall, ATC, WorkStrong Coordinator  
and Hung Wu, MHA, Wellness Coordinator

**Weekly 30-minute virtual  
sessions for 6 weeks!**

**Start: Tuesday, January 17, 2023**

**End: Thursday, February 23, 2023**

**2 sessions per week:**

Tuesdays at 12:00pm at

<https://ucr.zoom.us/j/92184228715>

Thursdays at 3:00pm at

<https://ucr.zoom.us/j/93163250632>

Anyone can participate, Those with restrictions and injuries can participate and we will provide alternate movements.

Performing movements to increase flexibility, mobility, and blood flow along with decreasing the risk of injuries and musculoskeletal pain.

[Week 1](#) (January 17th and 19th): Neck and Shoulders

[Week 2](#) (January 24th and 26th): Upper Back and Chest

[Week 3](#) (January 31st and February 2nd): Wrist and Elbow

[Week 4](#) (February 7th and 9th): Hips and Low Back

[Week 5](#) (February 14th and 16th): Lower Body Mobility

[Week 6](#) (February 21st and 23rd): Knee and Ankle

Opportunity to ask questions!

