



VIRTUAL

ACTIVE
Works

ACTIVE WORKS: Active Works helps you to add more movement and activity to your workday. Join Blomeyer staff for ten minutes of movement. Active works sessions are a convenient way add movement, manage stress, and boost energy during your day.

Time: Tuesdays and Thursdays 11:00 AM

Register Here: <https://blomeyer.emory.edu/Program/GetProducts?classification=00000000-0000-0000-0000-000000026002>

Activities include:

Posture & Core: Seated and standing movements work to improve posture and strengthen the core.

Stretch: Focusing on the neck, shoulders, back, arms, and wrists to relieve tension and restore mobility.

Release & Recover: Reduce muscular stiffness, improve blood flow, and flexibility.

Yoga/Mindfulness: Relax and renew with gentle yoga poses designed to reduce muscle tension.

REGISTRATION: [Register here](#)

For more information, contact Blomeyer@emory.edu