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