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 11:00 AM  
**Class Logon:** [https://zoom.us/s/7971885034](https://zoom.us/s/7971885034)  
**From the Zoom app use ID:** 797 188 5034

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: [https://www.surveymonkey.com/r/JNQSQX7](https://www.surveymonkey.com/r/JNQSQX7)

For more information, contact Blomeyer@emory.edu