



The Office Stretch Class

by Cassa Health, Fitness and Wellness



Get Your Employees Moving with The Office Stretch Class by Cassa Health, Fitness and Wellness!

- Hour long workshop for your whole office.
- Teaches employees how to do simple office stretches every day that will keep them feeling energetic, motivated and productive.
- Workshop includes education on the importance of stretching and movement throughout the day, tips and ideas on how to stay active, and a print out of all of the exercises that we walk through.
- A great addition to any wellness program!



Cassa Health
Fitness and Wellness
— Building Healthy Lifestyles —

For pricing, more information or to schedule a session with us, please contact Melissa Matheson - melissa@cassahealth.com/(978)490-6085/www.cassahealth.com