



Functional Movement and Mobility

3-week Program on Tuesdays
April 23 to May 7, 2024

5:00-5:30 pm via Zoom (with optional, 15-minute Q&A period after movement)

Free program open to all employees and spouses

Our bodies are made for movement, but between sedentary lifestyles, desk-jobs and overuse injuries, it can be hard to keep our muscles and joints happy. This three part series will cover the basics of how to use functional movement and mobility to improve posture, strength and flexibility to promote healthy muscles and joints.

- Class 1 (4/23): Learn about common reasons for lower body aches and pains, and how to properly squat, hinge and lunge.
- Class 2 (4/30): Learn about the spine and how to use core strength and spinal mobility to reduce back pain.
- Class 3 (5/7): Learn how to use upper body functional movement patterns like pushing and pulling to improve your posture and reduce common sources of shoulder and neck pain.

Leader: Katie Wadland, PT, DPT, GCS, AIB-VRC

Registration: Use this [Zoom Link](#) to register.