

2025 Wellness Webinar Series



Wednesday
June 18
Noon – 1:00 p.m.

Ageless Mobility: Unlocking Freedom of Movement at Every Stage

Celebrate movement for all ages in this session on stretching and mobility. Stretch your repertoire of exercises that promote flexibility and independence throughout life, helping you stay active and vibrant as you age.



HEALTH CARE
AUTHORITY



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Or copy and paste this URL into your browser: https://phs-org-corp.zoom.us/webinar/register/WN_ivMhnmYoQNWgoriv6_qsSA



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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.