



VIRTUAL  
SEMINAR  
VIA  
ZOOM

# POSTURAL ALIGNMENT

MARINO WELLNESS



Presenter:  
Cassie

## TUESDAY, OCTOBER 19TH, 4:00PM-4:25PM

Join us to learn about the benefits of proper posture and how your daily habits may be causing posture imbalance. This session will include stretches and exercises you can add to your daily routine to improve your posture.