



## BALTIMORE COUNTY BAR ASSOCIATION

### Professionalism Committee

May Virtual Wellness Series – 6<sup>th</sup> in a Series of 6

### *Stretching for Stress Relief:*

**Thursday, May 28, 2020**

**11:00 a.m.**

SPEAKER	<b>April K. Luby, PTA, CWcHP, ACSM EP-C</b> Physical Therapist Assistant, Health & Fitness Coach, Caregiver Advocate <a href="http://www.care4thegiver.com">www.care4thegiver.com</a> <a href="http://www.oppt.biz">www.oppt.biz</a>
PROGRAM CHAIR	William F. Alcarese, Jr. Suzanne K. Farace Ari J. Kodeck
LOCATION	Virtual – link will be emailed upon registration
COST	BCBA Members, FREE: Non-Members, FREE

*Times are stressful. As the wife of a lawyer, I know the long hours you put in and the little time that you have to move for yourself. This interactive session will be all about walking you through simple stretching, mobility and breathing exercises (that I teach my patients) to help you reduce stress, increase your flexibility and range of motion, refocus, and let go of the tension that most people don't realize is affecting them daily.*

#### Wellness Series

**May 6, 11am**, Wellness Wednesday with Wendy

**May 11, 11am**, Managing Children at Home While Working Remotely

**May 19, 10am**, Stress Eating; Strategies to Help Put You Back in the Driver's Seat

**May 21, 11am**, Avoid the Slouch & Slump: Work from Home Ergonomics

**May 26, 3pm**, Flow & Strengthen Yoga

**May 28, 11am**, Stretching for Stress Relief

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