

# GENERAL MEETING



**March 17 2023 – 12:30PM**

**Special Guest: Dr. Arthur Faygenholtz  
Introducing Stick Stretching for Brain  
Health & Total Body Fitness**

**JOIN US FOR AN INTRODUCTION TO A FUN, EDUCATIONAL  
& SCIENCE BASED STRETCHING METHOD THAT HAS EASY,  
FAST & PROVEN RESULTS!**

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*People are less active, overweight, aging, and stressed out!*

**Stick Stretching** is a new paradigm for wellness that addresses these issues through a physically interactive and dynamic system.

**Benefits:**

- Improves Physical Fitness & Enhances Brain Function
- Increases Mobility, Flexibility, Coordination & Core Strength
- Practice Fall Prevention through Balance Training
- Corrects Postural Alignment Allowing More Energy to Flow through the Body
- Reduces Stress in the Body and Improves Sleep
- Addresses Prolonged Sitting Problems
- Promotes Faster Recovery from Surgery & Injury

**Mid-County Senior Center; 829 Bay Avenue, Capitola CA 95010  
(831) 476-4711**