



Join Us in Practicing Mindfulness and Gaining Clarity

GUIDED STRETCH

A Health Improvement Fitness Video

Want to improve your flexibility or posture?

Learn practical stretches as self-care routines to increase mobility, flexibility, and counteract chronic pain caused by repetitive use syndromes.

[CLICK HERE TO WATCH](#)



MASSACHUSETTS

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101 Huntington Avenue, Suite 1300, Boston, MA 02199-7811 | 1-800-262-BLUE (2563)