

+1 **DeskStops**

Healthy at Work...
Even at Your Desk!

FREE 15-MINUTE DESK STRETCH

No time to stop by the
Fitness Center to have a
good stretch or take a
Yoga class?

We've got
your solution:
call us to make
an appointment
to visit your office.

We'll come to you!

With **Plus One's DeskStops**

you can be healthy at work...**even at your desk!**

To schedule your Plus One DeskStop, contact
Andrew DeMacedo or **Amy Meehan** at the fitness
center x3545