

Stretch towards Better Health!

Wednesday, April 8th • 8:15am–9am

COOPER CITY POOL & TENNIS CENTER

11600 Stonebridge Parkway Cooper City, Florida 33026

Join us as Carol Mejia a Baptist Health South Florida certified exercise instructor, shows you practical stretching techniques to help your body feel better and to help prevent injuries.

Everyone who signs in prior to the start of the lecture will get a raffle ticket for a fun prize!

We will have fresh fruit for you to enjoy to jump start your healthy day!

For a complete listing of programs, visit BaptistHealth.net/Wellness.



Baptist Health Urgent Care

BAPTIST HEALTH SOUTH FLORIDA