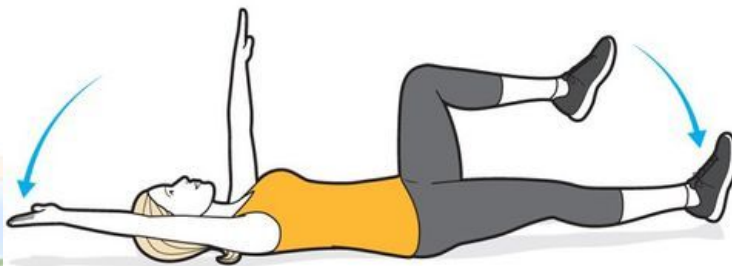


# WEEKLY

# EXERCISE TO RELAX 2020 'ZOOM' MEETING



SEATED



FLOOR



STANDING

**Every Tuesday — 11am to 11:40am**

**GUIDED BY: CLAIRE WALING**

**Zoom Log in ID: 744 359 766**

**Password: Relax**

**Claire will also do a weekly video to demonstrate a specific exercise.**

**Lodged on the WhatsApp: 'MCHC—Exercise to Relax Forum'**

**(Please contact us if you cannot connect to the WhatsApp link)**