

Strength Training at Home with Therabands



**Monday, April 25th
4:45-5:45pm
Admin. Conference Room
303 N Church St.**

Your CareHere Clinic provides you with *Therabands*, basic resistance bands that can be used for at-home strength training. This class will teach you how to utilize these bands for a simple, full-body resistance training workout.

**The instructor will bring therabands for all who register for this class.*

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Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. You may also call the nurse line to register at 877-423-1330.

CareHere!®

If you have questions, please contact CareHere Health Coach Kathy Mead at kmead@carehere.com or call 615.866.6407.