[A screenshot of a cell phone

Description automatically generated](mailto:nfrederick@accaging.org)

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**YouTube Video Links**YouTube videos presented by our friends at Piedmont Athens Regional Medical Center

May 11th Core Workout for All Levels  
https://www.youtube.com/watch?v=gfJn8YyXW50&list=PLYjNFvCmGuTGp4yBDiHDCGSCRVhI8-ECp  
  
May 13th 10-Minute Stretching for Stress Relief   
<https://www.youtube.com/watch?v=jnHL_NsaGPE&list=PLYjNFvCmGuTGp4yBDiHDCGSCRVhI8-ECp&index=2>   
  
May 18th Resistance Band Strength Training  
https://www.youtube.com/watch?v=uTZgY02Acac&list=PLYjNFvCmGuTGp4yBDiHDCGSCRVhI8-ECp&index=3  
  
May 20th Guided Relaxation  
https://www.youtube.com/watch?v=F1tvTW44FBo&list=PLYjNFvCmGuTGp4yBDiHDCGSCRVhI8-ECp&index=4  
  
May 22nd Yoga for Stability, Strength and Flexibility  
https://www.youtube.com/watch?v=7exhxvPQ04Q&list=PLYjNFvCmGuTGp4yBDiHDCGSCRVhI8-ECp&index=5  
  
May 27th 5 Ways in 5 Minutes to Cope with Stress  
https://www.youtube.com/watch?v=\_URMNdPp914&list=PLYjNFvCmGuTGp4yBDiHDCGSCRVhI8-ECp&index=6

**Stay Safe. Stay Well.**