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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.**