

# How flexible are you?

## About this event

If you think flexibility is about twisting your body into a pretzel, downward dog or touching your toes then think again... We need to be flexible to do simple everyday activities with ease – getting in and out of the car, hitting that epic golf shot, lifting up the kids, sweeping the floor – yet the sad truth is that we all stiffen up with age.

**Join Craig Sandilands, Healthoutfit's Wellness Coach, to discover simple, informative, everyday ways to improve your flexibility - no lycra required**

**Wed, 27 July 2022 | 12:15 – 12:50**

**[Book your seat today.](#)**

