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### August Think Tank: Staying Active at Work

Watkins Glen, NY – We all know what it's like to finish a workday only to realize that our bodies are paying the price – big time. Join us on **Tuesday, August 14 from 8:00am to 10:00am** at the Watkins Glen Area Chamber of Commerce (214 N. Franklin Street, Watkins Glen) for a Think Tank dedicated to staying active at work and learning some techniques to better get your body through the work day.

Delian Lincourt, certified yoga instructor and owner of Silver Key Yoga Studio and Monica Lincourt, a massage therapist with 17 years of experience, will join us for the Think Tank and guide attendees through various ways to keep active during the day. Delian and Monica will show attendees how to be aware of posture and perform valuable stretches, as well as ways to practice yogic breathing techniques for getting through the day with more energy and a much happier body. Delian shares, "My hope is that everyone feels empowered to do these things while in the middle of their day. We want to revolutionize your workday with some simple yet powerful tools." Attendees can come in their regular work clothes, but yoga clothes are also welcome.

Think Tanks are offered as a complimentary benefit to members of the Watkins Glen Area Chamber of Commerce. Advance reservations are requested by Monday, August 13. Please contact Events Manager Anna Rainous to RSVP: 607-535-4300 or anna@watkinsglenchamber.com.

The Watkins Glen Area Chamber of Commerce's mission is to advance economic success through support, promotion, and education. In furtherance of this mission, the Chamber presents many educational opportunities throughout the year for local businesses and organizations, Think Tanks are just one of these opportunities. Think Tanks are held monthly on the second Tuesday, with times alternating between 4-6pm for odd months and 8-10am for even months.

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