In this class, you’ll learn the benefits of foam rolling and how to do it on your lower body. Also discussed will be some basic stretches for the lower body to help you become more flexible and assist your recovery after exercise.

Instructor: Cheri Orndorf, Athletic Trainer, Bucknell University (Lewisburg, Pennsylvania)

Register through the Employee Learning Center at www.princeton.edu/training

Cheri Orndorf, MEd, L-ATC is an athletic trainer at Bucknell University in Lewisburg, Pennsylvania. For the past 10 years, she has worked primarily as a clinical rehab specialist. Prior to Bucknell, Cheri was an athletic trainer at Princeton University for nine years. She’s also a certified Yoga Teacher, Reiki Master and Wellness Coach. Her passion is to help others feel better in their body by providing them various tools/resources to improve their health and wellness.