

Best Bets: A quick guide to (mostly) online entertainment and virtual experiences



Talia Rozen (right) who co-founded Jo Stretch in La Jolla with Joan Balas (left), will speak online Wednesday, June 30, via the La Jolla Community Center about the benefits of stretching. (Courtesy of Joan Balas and Talia Rozen)

The La Jolla Community Center presents “Stretch for the Best Quality of Life” at 10 a.m. Wednesday, June 30, online. Talia Rozen, co-founder of Jo Stretch in La Jolla, will address some of the benefits of stretching, including ensuring correct posture, reducing pain, increasing circulation and helping to prevent injuries. Free. ljcommunitycenter.org/wc