

¿No has podido ver el Taller **MEJORANDO TU SALUD EMOCIONAL** de hoy sobre **ESPASTICIDAD, MOVILIDAD Y EJERCICIO ACTIVO**? No te preocupes, puedes verlo en nuestro canal de [YouTube](#)

Para ver el video https://www.youtube.com/watch?v=4p-tbV_eJ_o

The image shows a YouTube video player interface. At the top, there is a search bar with the text "Buscar" and a microphone icon. The video player itself is split into two main sections. On the left, there is a promotional graphic for a workshop titled "MEJORANDO TU SALUD EMOCIONAL" with the subtitle "ESPASTICIDAD, MOVILIDAD Y EJERCICIO ACTIVO". The presenter is identified as "MANUEL EFRAIN BARCIA LÓPEZ" (FISIOTERAPEUTA DE ASEM). Logos for "ORGANIZA ASEM" and "COLABORA Junta de Andalucía" are present. The event date and time are "MIÉRCOLES / 24 JULIO DE 2024 DE 12 A 12:30 HORAS". On the right, a Zoom video feed shows a man with dark hair wearing an orange shirt, identified as "Manuel E. Barcia". The Zoom logo is visible in the bottom right corner of the video player. Below the video player, the video title "MEJORANDO TU SALUD EMOCIONAL" is displayed. The channel name is "Asociación Sevillana de Esclerosis Múltiple" with 332 subscribers. There are buttons for "Estadísticas" and "Editar vídeo". Engagement icons show 12 likes, a comment icon, and options for "Compartir", "Promocionar", and "Clip". A status bar at the bottom indicates "57 visualizaciones. Emitió en directo hace 42 minutos".