



VIRTUAL MINDFULNESS & GENTLE YOGA

EVENT INFORMATION

Date:

Join us on the 2nd and 4th Wednesday of every month!

Time:

5:00 PM - 6:00 PM EST

Registration Required:

<http://bit.ly/3o9dnNs>

*Participants will receive an email with Zoom instructions after registering through Eventbrite

Questions?

Contact Mallary Lass at mlass@eseal.org

It's important to take care of your mental and physical health. The Steven A. Cohen Military Family Clinic at Easterseals is encouraging everyone to practice social distancing and stay healthy. Please join us for free virtual mindfulness and gentle yoga! Classes will be taught through Zoom and poses can be modified for people of all abilities. Research shows that these practices can:

- ▶ Improve one's response to stress
- ▶ Reduce sensation of chronic pain
- ▶ Improve quality of sleep
- ▶ Create a sense of calm in body & mind

- ★ **Open to Everyone!**
- ★ **All Abilities**
- ★ **No Cost**

The Steven A. Cohen
Military Family Clinic
at Easterseals

