

The FREEDOM CENTER

For Independent Living, Inc.



Advocating For Yourself

Yoga for Relaxation and Rejuvenation

When? May 6, 2021

Where? ZOOM Virtual Discussion

Time? 1:00 p.m.

Who? Consumers, families, friends, advocates are welcome

What is This All About? Lisa Reagan, Yoga Alliance Certified, will help us learn to relax while exercising our bodies.

Email pmaichle@fcilde.org to register and a ZOOM link will be sent to you prior to the 1st.

