



Yoga

you'll love it,
mind
& body
spirit



Certified instructor Aneva McMinn gently guides you in the yoga techniques that *relax your body and rejuvenate your spirit*. Class includes six 90-minute, stress-reducing sessions and meets in the HealthPlex aerobics room once a week.

**Call for more information
on upcoming classes
throughout the year.**



CALL

323-WELL (9355)

Take time for yourself:
*relax, let go of stress,
quiet your mind, and boost
your immune system!*

OCH HealthPlex
Wellness Connection

