



Yoga Fit **Training** for Veterans

**FLEXIBILITY, STRENGTH AND ENDURANCE
PAIN AND STRESS MANAGEMENT
ENHANCED PERFORMANCE
IMPROVED HEALTH
IMPROVED FOCUS
BETTER SLEEP
MORE ENERGY**

**No Cost
Spaces Limited**

To Apply call 256-1901 ext 11052

Tuesdays 10:00 - 11:00 am

Wm. S. Middleton Memorial Veterans Hospital