

# YOGA for HEALTH



Thursdays from 7 to 8 pm  
Starting June 21st

Fee Per Class: \$10/person or \$15/couple

Yoga promotes overall physical and emotional health. It provides anti-stress and antioxidant benefits, which act to prevent degenerative diseases. Yoga can also help us age more gracefully.

This class is a wonderful opportunity to experience yoga for the first time or simply to refresh your yoga practice. Join us for this hour to de-stress and balance your mind and body.

Julie Kusiak, Registered Yoga Teacher, is the class instructor. Julie has worked both in the hospital setting and in the community, teaching yoga to those who are well as well as those who are facing health challenges.

Class size is limited.

Place your name on the sign-up sheet at Elite.  
Or call Elite Physiques at (740) 548-3637 to register