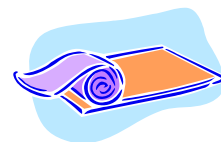




# GROWING TOGETHER THROUGH YOGA



**Who:** For adults who have a persistent health concern such as persistent pain, arthritis, depression, anxiety, asthma or MS or for people recovering from illness or injury who would benefit from a gentle yoga practice on their road to recovery and wellness.

**What:** A 1 ½ hour gentle yoga practice focused on breathing and relaxation. Over ten consecutive weeks.

**Where:** North Lanark Community Health Centre  
207 Robertson Drive, Lanark, ON

**When:** **Thursdays, January 20 – March 24, 2011**  
**9:00 - 10:30 am and 10:30 – 12:00(noon).**

**Facilitator:** Sherry Baltzer, Social Worker

**Instructor:** Jill Dunkley, Yoga Therapist

**Cost:**



Pre-registration required

For more information or if you are interested in participating, please call Sherry at 613-259-2182 or 1-866-762-0496



North Lanark  
Community Health Centre  
A part of Lanark Health and Community Services



Ontario's Community  
Health Centres  
Every One Matters.