

# Better Together

♥ We Can

## Learn Yoga for Hypertension Management

Join us for this FREE Lunch & Learn\* opportunity. Learn how basic Yoga can benefit you related to blood pressure management. Abbie Gross, R.N. will teach you about the benefits of Yoga and lead you through some easy chair Yoga poses that are part of Hatha Yoga. Please plan to wear comfortable clothing.

**Date: Wednesday, April 13, 2016**

**Time: Noon-1:00 pm**

**Location: 500 Hancock, Room 001**

**Registration is preferred. Classes are open to SCCMHA employees,\*\* consumers and the SCCMHA provider network workforce.**

### To Register:

**Contact: Amy Musselman at  
(989) 272-7291 or  
amusselman@sccmha.org**

Questions about this class?  
Contact Mary Baukus at  
(989) 272-7228.

\*Lunch is not provided, but you are welcome to bring your own brown bag lunch.

\*\*SCCMHA employees: Observation only of the Yoga poses.

