

## YOGA FOR MS

Help build strength, soothe the mind, improve posture, flexibility, and balance, sharpen concentration and enable relaxation through Yoga.

**When:**

Every Friday

11 A.M. – 12 P.M. Mat & More- Mat Yoga class

12:30 – 1:30 P.M. Fitter Sitters- Chair Yoga class

Instructed by Sharon Byrnes, M.Ed., C-IAYT, YA-CEP, ERYT500

Each class is \$5, mats and props will be provided.

Classes specifically designed for patients with Multiple Sclerosis and other neurologic disorders.

No referral required.

**Where:**

UC Gardner Neuroscience Institute

3113 Bellevue Ave, Cincinnati, OH, 45229

Suite 1100

*Valet parking is available for \$5 at main entrance or free parking is available in the UC Gardner Neuroscience Institute Garage.*

**Reserve your spot today by calling 513-475-9567(WLNS)**

Classes supported by UC Waddell Center for Multiple Sclerosis and Strike Out MS Fund.

For more information UC Health Integrative Medicine Services visit **[uchealth.com/integrative](https://uchealth.com/integrative)**.