



IN SCIENCE LIVES HOPE.

YOGA FOR MS & Other Neurological Disorders

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

No referral or experience required.

Classes specifically designed for patients with Multiple Sclerosis (MS) and other Neurological Disorders and their Caregivers.

This class is at no cost to patients and their caregivers due to the grateful donors who contribute to the UC Strike Out MS fund.

Where:

In light of the COVID-19 pandemic, this class will be taught virtually thru Microsoft Teams. We welcome you to participate in the comfort of your own home.

Participants must have a UC Health MyChart account to participate.

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

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