

### YOGA, MS AND 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 and More- Mat Yoga class

12:30 – 1:30 p.m. Fitter Sitters- Chair Yoga class

Instructed By:

Josie Caruso, C-IAYT, MA Yoga Studies, E-RYT

Oncology Yoga Therapists

No referral or experience required. Participants must have a UC Health MyChart account to participate.

*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 selfless donors who contribute to the UC Strike Out MS fund.

**Where:**

This class is taught virtually through Microsoft Teams. We welcome you to participate in the comfort of your own home.

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

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

