

# *It's time to rethink*

active life with neurocognitive disorders.

## **PROXMIRE NEUROCOGNITIVE CLINIC YOGA CLASSES**

**Join us for FREE yoga classes**

Specifically designed for Proxmire Neurocognitive Clinic patients and the greater community.

During this class, individuals and their care partners will learn simple breathing and meditation techniques that effectively calm your nervous system leading to a greater sense of well-being. Absolutely no prior yoga experience is necessary.

**Tuesdays 4:30 - 5:30 p.m.**

**No RSVP required.**

**Taught by: Catherine Rees**

RN, MSN, E-RTY200, RYT500

Catherine teaches gentle, adaptive and therapeutic yoga for a variety of populations, including those with Alzheimer's and related dementias.

For more information about Catherine, visit her website at: [www.yogaforalz.com](http://www.yogaforalz.com).



*A not-for-profit community*

