

Free Yoga

ON SATURDAYS

SIGN-UP NOW

Please join us at the **Affinia Healthcare**
2220 Lemp Ave Location

From 10:30-11:30AM



Taking a Holistic Approach to Your Health!
We all have within us a powerful capacity for healing.
Most people with chronic illness can experience improvement.

STRETCH...

BREATHE...

RELAX...



Reduce stress and enhance your well-being.

We welcome beginners!

Class Dates: **Saturdays: 10:30-11:30am.**

For more information contact:

Clinic front desk:

(314) 814-8680



AFFINIA
HEALTHCARE™