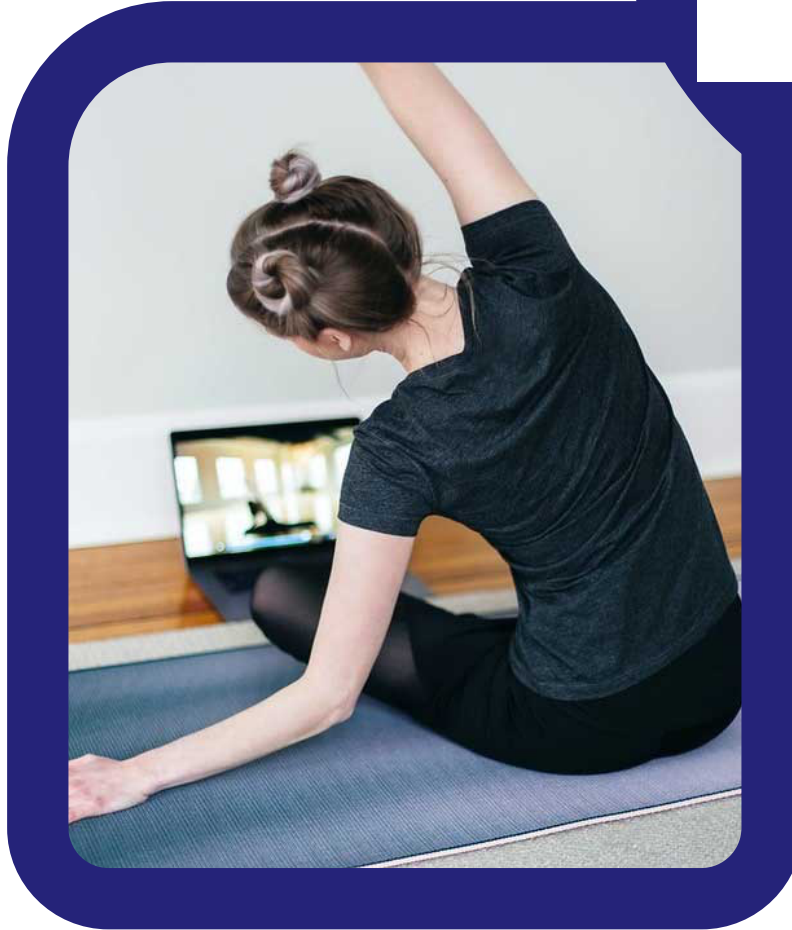
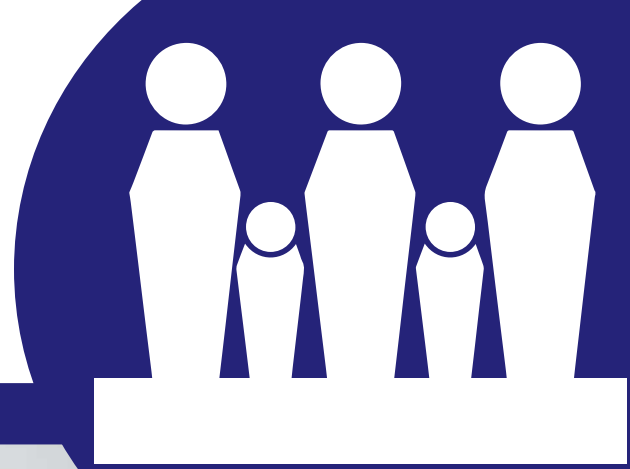


Virtual Yoga



On your mark, get set, Om!

Yoga helps build muscle strength, increase flexibility and increases self esteem, along with a ton of other great benefits.

Join us for a virtual yoga practice and see the benefits yourself! All who participate will get a Native Connections yoga mat!

Monday, April 26th 6:00 - 7:00 p.m.
RSVP to Jennifer for virtual access and to pickup your materials.



**Youths ages 24 and under and their families
RSVP to:**

Jennifer Stebbins

716.532.5583 ext. 5433
jstebbins@senecahealth.org

You must RSVP to get access.

Please note that every COVID-19 safety precaution will be taken when picking up your materials. Please wear your mask and respect the six-foot social distant rule.



SENECA NATION
HEALTH SYSTEM