

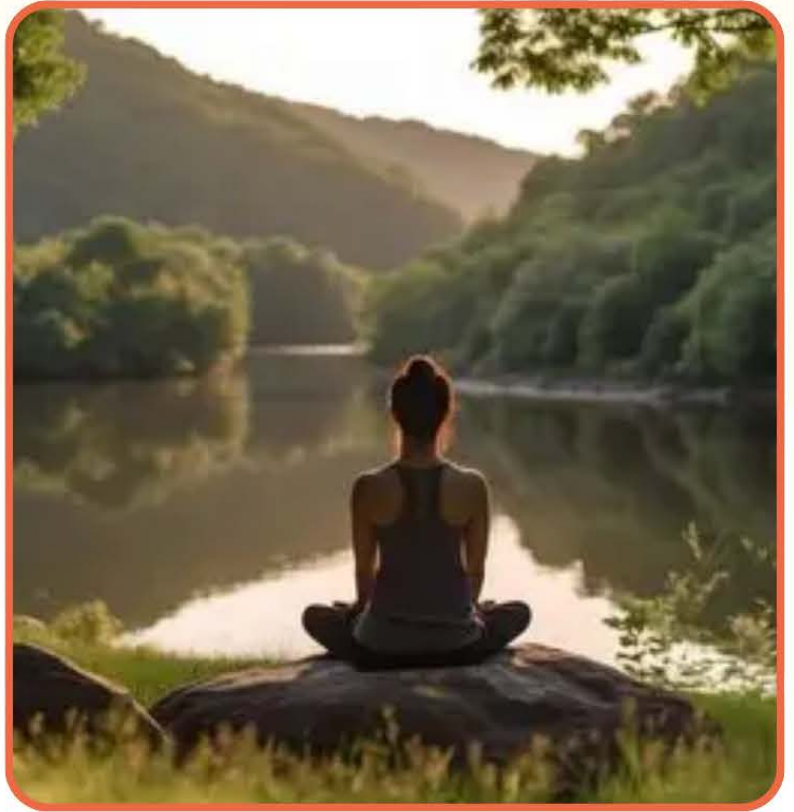


Dementia Care

PARTNERS SUPPORT

NEEDHAM COMMUNITY COUNCIL

Yoga and Meditation for Care Partners



WHAT: Calm your mind, relax your body, and nourish your spirit with Hatha Yoga. This gentle class is designed for beginners and anyone seeking a supportive, compassionate practice. Postures are adapted to individual ability, allowing each participant to move comfortably at their own pace.

WHERE: The Needham Public Library, Community Room

WHEN: Starting Monday, June 29th from 11:30 AM to 12:30 PM

7 classes: 7/6, 7/20, 8/3, 8/17, 8/31, & 9/14

RSVP: Stephanie Knoch to sknoch@needhamcouncil.org or (781) 444-2415
Ext. 2030

Cost: Free (yoga mats will be provided)



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www.needhamcouncil.org/dementiacare