



Yoga For Caregivers

With Eddy Alzheimer's Services

Wednesday, October 26

2:00 - 2:45 pm

837 Albany Street, Schenectady, NY 12307

A 45 Minute Gentle Kripala Yoga Sequence, suitable for all levels including beginners, using a mat or a chair. Join us for an in-person session which includes Breathwork, Movement and Meditation.

This is a free program.

For more information, please call (518) 238-4164.

*If you are new to Yoga, check with your Health Care Provider before practicing for the first time.

Led by: Jackie Weckesser, LMSW, RYT-200

This program is supported (in part) by a grant from the New York State Department of Health



ST PETER'S HEALTH PARTNERS

A Member of Trinity Health



SPHP.com/AlzCare