



**Compass Community Health**  
**Call Miriam at 905 523 6611 ext 3068**

**Health Wellness**  
**Self-Management Group**



## **GO WITH THE FLOW**

## **CHAIR YOGA**

In physical or emotional pain?

Interested in living more in the present?

Would you like to better manage your pain through mindful **seated** yoga practice?

### **8 WEEK SERIES**

**TBD**

**Bus Tickets available**