



Lake Health

# Wellness Institute

## Sunrise Yoga

This class focuses on bringing awareness into our everyday life through the practice of yogic breathing, gentle stretching and toning, and ends with deep relaxation. Please bring a mat and small pillow. (This class is for employees only)

Cost: \$30.00 per session



### Lake West Medical Center

#### Session 1 starts Tuesday, Jan. 5<sup>th</sup>

(6:45-7:45 am)

1/5	Conf. Rm B
1/12	Hill & Thomas
1/19	Conf. Rm B
1/26	Hill & Thomas
2/2	Conf. Rm B
2/9	Hill & Thomas

#### Session 2 starts Tuesday, Feb. 16<sup>th</sup>

(6:45-7:45 am)

2/16	Conf. Rm B
2/23	Hill & Thomas
3/2	Conf. Rm B
3/9	Hill & Thomas
3/16	Conf. Rm B
3/23	Hill & Thomas

To Register, call the Best of Health Line: 440-953-6000 or 1-800-454-9800