

West Palm Beach VA Medical Center  
**YOGA GROUP FOR WOMEN VETERANS**

# Yoga

**Every  
Wednesday,  
4:45 P.M. to  
5:45 P.M.  
Community  
Living Center  
Solarium**

## Benefits of Yoga

- Achieve peacefulness of mind and body
- Help reduce stress and anxiety
- Improve health, strength, & flexibility
- Create calm & relaxation
- Promote better sleep
- Build focus and concentration
- Release tension and reduce pain
- All Women Veterans are welcome to attend
- No advanced sign-up required
- Accessible for all ages and fitness levels
- Wear comfortable clothing
- Yoga mats, blocks, and straps will be available to borrow during classes

Classes offered in collaboration with the "Connected Warriors" Program

For more information call:  
Voluntary/Recreation  
Therapy Service  
(561) 422-7373



**VA**  
HEALTH  
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Defining  
**EXCELLENCE**  
in the 21st Century