

WARRIORS AT EASE

HEALTH ★ RESILIENCY ★ CONNECTION



The Steven A. Cohen
Military Family Clinic
at Easterseals



FREE YOGA FOR VETERANS AND MILITARY FAMILIES

EVENT INFORMATION

Dates: (Last Wednesday of the month)

Wednesday, January 29, 2020
Wednesday, February 26, 2020
Wednesday, March 25, 2020
Wednesday, May 27, 2020
Wednesday, June 24, 2020
Wednesday, July 29, 2020
Wednesday, August 26, 2020

Time:
6:30 PM - 7:30 PM

Registration Required:
Please call the Cohen Clinic at
240.847.7500 or email Mallary
Lass at mlass@eseal.org.

Location:
The Steven A. Cohen Military
Family Clinic at Easterseals
1420 Spring Street
Silver Spring, MD 20910

Join us for free yoga at the Steven A. Cohen Military Family Clinic at Easterseals! Warriors at Ease integrates yoga and meditation into military and civilian settings to support the health, resiliency, post-traumatic growth and connection of veterans and their families. All poses can be modified for people of all abilities. Research shows that these practices can:

- ▶ Improve one's response to stress
- ▶ Reduce sensation of chronic pain
- ▶ Improve quality of sleep
- ▶ Create a sense of calm in body & mind

- ★ **Open to Veterans and Military Families**
- ★ **No Cost**
- ★ **Child Care Provided**
- ★ **Free Onsite Parking**
- ★ **Metro Accessible**

*The images and use of name, rank, and branch of service do not imply endorsement by any Federal entity.