



MULTIPLE SCLEROSIS (MS) YOGA

FOR THOSE LIVING WITH MS

All courses will be taught by a licensed physical therapist from Mercy. No previous yoga experience is required, and all equipment is provided.

This provides a free exercise opportunity in the community for those living with MS, all in thanks to a grant from a local non-profit organization, MS Moments.

Contact Esmie Holderman, PT, DPT, NCS, at (515) 643-9800 for more information.

**EVERY WEDNESDAY FOR
ONE YEAR**

AUGUST 2017-2018

11-11:45 A.M.

Mercy Wellness Center
Level A, West Building

Registration is not required.