



## MS Yoga

### FOR THOSE LIVING WITH MS

All courses will be taught by a licensed physical therapist from MercyOne Central Iowa. 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.

Registration is not required.

### DETAILS

- Takes place every Wednesday for one year from 10:45-11:30 a.m. at the MercyOne Health & Fitness Center in Clive.
- Goes from August 2019-August 2020.



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