

YHEALTH & FITNESS™

Easy Movement for Easing Pain

What: Join us to learn tools and techniques for self-care and pain management. You will learn gentle movement practices for releasing muscle and joint pain as well as chronic tension in your body. You will learn breathing techniques, progressive muscle relaxation and meditation techniques to calm anxiety.

When: Thursdays from 1:30 pm to 2:30 pm beginning October 12

Where: Youth Center (on the first floor)
Rogue Valley Family YMCA
522 West Sixth Street, Medford, OR 97501

Fees: Class is included with membership or \$9 per class
Financial assistance is available for membership

Info: Jeni Beck, Fitness Director
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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY