

Wellness Wednesdays at Newport Hospital



Newport Hospital Community Yoga Program

Wednesday evenings, February 1 through April 26, 2017

5:30 to 6:30 p.m. • Hill Courtyard

Steady your mind and strengthen your body in a healing, peaceful setting

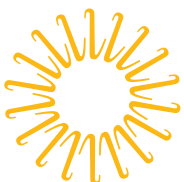
In collaboration with Thames Street Yoga and their team of volunteer instructors, we are excited to offer a new community yoga series, part of our Wellness Wednesday initiative.

The one-hour classes are open to members of the public and hospital community alike, and beginners are welcome and encouraged to attend.

No fee to participate, but voluntary donations to Newport Hospital's women's health program are gratefully accepted.

Free parking in the hospital patient and visitor lot (20 Powel Avenue). For more information, call 845-1503 or visit us online at newporthospital.org/newport-hospital-events.

Please bring your mat. Blocks and straps will be available.



Newport Hospital

Lifespan. Delivering health with care.®

