



Valir Rehabilitation Hospital Stroke Survivor & Caregiver *Lunch and Learn Series*

Chair Yoga for Everyone

Clear your mind



Wednesday, June 7
11:30 a.m. - 1:00 p.m.

**First Baptist Church
Coffee Shop**
1201 N Robinson
OKC 73103

Yoga is a word that means “union.”

When we stretch our muscles and take deep breaths, we allow the energy to flow through the body to create unity in the physical, mental, and emotional health. Doing yoga from a seated position in a chair makes it accessible to everyone. Whether you're recovering from a stroke, injury, illness, or you just want to reduce stress, chair yoga is a practice where you will feel the benefits from the very first session!

Laura Lee is the founder and director of Infinity Wellness Center in southwest Oklahoma City. She holds a bachelors degree in biology with certifications in yoga class instruction 500 hours and clinical aromatherapy 240 hours. She will lead us through a 30 minute chair yoga session so that you can experience the benefits.

This is a free event for all interested in support benefiting the stroke survivor, the caregiver, and those that know and love these individuals. All attendees receive a complimentary lunch and refreshments.

Lunch will be served in the First Baptist Church Coffee Shop beginning at 11:30 a.m.

Informational presentation will follow at noon.

Parking: Please park in the First Baptist Church's south lot on 11th St and Harvey, just south of the church building. Enter under green awning and follow directional signage to coffee shop.

To RSVP, please visit www.valir.com/events or call 405.609.3604