



Life doesn't stop while you are at a work. EAP will help you manage both.

# Winter Wellness Yoga Series

With trauma-informed yoga instructor, Lidia Snyder, LMSW, RYT, TCTSY-F



## Yoga for Mind/Body Wellness

Mind-body wellness focuses on achieving a state of balance and harmony between the mind and body, promoting overall well-being.

This approach helps individuals manage stress, improve mental clarity, and enhance physical health.

Two series options available this winter

Register for the second Mon. at 5:30pm – 11/13, 12/11, 1/8, & 2/12



and/or

Register for the third Wed. at 9:00am – 11/15, 12/20, 1/17, & 2/21



Contact us directly! Call: 716-681-4300