UM BWMC Offers

YOGA FOR STROKE PATIENTS

Led by Kelli Bethel, DPT, PT, C-IAYT of Tafiya Yoga and Wellness

Yoga has been shown to provide a range of health benefits from increasing strength and flexibility to improving balance, coordination and bone strength, among other positive impacts. These specialized sessions are created for stroke survivors of all abilities who have completed rehabilitation.

Physician consent is required. The cost is $42 per seven week session.

Now Online!

Pre-registration is required by visiting umbwmc.org/exercise. Online registrations preferred. For questions, please call 410-787-4838.

For more information about the class, please call 410-302-7663.

Tuesdays from 10 to 11:30 a.m.

Session 1: September 15 - October 27

Session 2: November 3 - December 15