

Yoga for Mood Balancing



north simcoe
family health team

helping you be the healthiest you

11 week program
Starting mid-April

A regular Yoga practice can serve as a complimentary treatment option for adults living with mental health issues. Participants can expect to learn to manage physical sensations that accompany emotion, mindfulness strategies and develop self-awareness and self-regulation skills.

Adults involved in mental health services who are looking to learn additional strategies for managing mood are invited to register. Space is limited.

Contact Whitney 705.526.7804 ext.218.

