

Join HGLA For Free Yoga

What: HGLA Recreational Therapy Yoga Clinic

Where: Bob Hope Patriotic Hall

When: May 22 11am-1pm

June 6 11am-1pm

June 20 630pm-830pm

June 26 11am-1pm

*** Sign up for any days/times**

**HGLA assists veterans with PTS, MST, TBI and polytrauma
with improving the quality of their lives through the use of
recreational therapy**

**For information and to sign up contact Kristy King
Kristy@highergroundla.org**

