

# Yoga Classes offered at Euclid Hospital

*Yoga -  
Lowers stress levels  
Improves flexibility and builds strength*



Classes start **Tuesday** April 1, 2008  
4:45pm – 5:45pm  
Lake Erie Room  
\$36.00 per 6 week session  
*Call Caroline in HR @ x68767 to register*

**Sponsored by the Euclid Hospital Employee Wellness Committee**