



JOIN US!

## YOGA FOR CAREGIVERS

FOR THOSE CARING FOR A LOVED  
ONE WITH ALZHEIMER'S OR  
OTHER TYPES OF DEMENTIA

THE SECOND WEDNESDAY OF EACH MONTH AT  
6 PM



199 14<sup>TH</sup> STREET, 1<sup>ST</sup> FLOOR, BROOKLYN, NY 11215

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Take some time for yourself to restore and re-energize.  
Onsite respite available. Classes led by Maria Petsching.

FOR MORE INFORMATION CONTACT:  
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THIS PROGRAM IS SUPPORTED BY A GRANT FROM THE NEW YORK STATE DEPARTMENT OF HEALTH.