

Health *Within* Reach

The Science and Practice of Yoga



Presentation by:

Kristin Jhamb, MD

Mid Coast Medical Group–Topsham Internal Medicine

with special guest

Murielle Corwin, RN

Mid Coast Hospital and Sundara Yoga

Learn how yoga, guided meditation, and three-part breathing can reduce stress and improve your health. Please wear comfortable clothing.

February 27 from **5:30-6:30 p.m.**

Mid Coast Center for Community Health & Wellness Teaching Kitchen

329 Maine Street–SOUTH ENTRANCE, Brunswick

Health Within Reach is an ongoing educational series of **FREE** talks, classes, demonstrations, and healthy lifestyle options.

For more information, call **(207) 373-6585** or visit

www.midcoasthealth.com/wellness.



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Community Health & Wellness

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