

Veteran Yoga



Open to All who have Served

Did you serve in the armed forces? One month, one year, one decade, one lifetime? If yes, you are welcome at Advocate Aurora's new Veteran Yoga Group. Come to a private, safe and free group to help support your emotional and physical health.

The group is led by Jim Martz, a fellow Veteran and Master Yogi Trainer by the "World Yoga Alliance." He is certified in Yoga for 12 step recovery and is a trauma sensitive/aware Yoga instructor.

This group is intended for former and current service members only. No family or friends allowed in meeting. No affiliation with Advocate Aurora Health Care required.

For more information about Aurora's Veterans Re-Training Program (VRP) visit:

www.aurora.org/vrp

**Every Tuesday
1800-1900**

**-The Lighthouse-
In the Presidents Hall
at**

**Aurora Psychiatric Hospital
1220 Dewey Ave
Wauwatosa, WI 53213**

For questions about this group,
please call 414-773-4312

