



EQUILIBRIUM

a Mental Health Support Group
for those affected by Depression or Bipolar Disorder

another evening of Yoga with Sheri

**feeling balance & a sense of calm
through the use of yoga techniques**

guest speaker

Sheri Bain, teacher - Halton School Board &
Lead - Light Yoga

Sheri will guide participants through a series of yoga techniques; breathing,
gentle stretches & a guided relaxation to have us feeling calm & balanced

pls join us - discussion to follow

Wednesday, February 26th, 2020
doors open 7:00 pm meeting at 7:30pm

location

Norval United Church, [14015 Danby Rd., Georgetown](#)

FREE admission

for more information

georgetown@equilibrium-oakville.com

or

www.facebook.com/EquilibriumGeorgetown/