

REMINDER: BRAIN INJURY SUPPORT GROUP

Date: Wednesday, March 20, 2019

Time: 6:00 p.m.

Topic: Healing Yoga
(Please note: The Yoga techniques for this demonstration will be modified so that they can be done standing or seated in a chair.)

Speaker: Rose Mary Herrero, M.A.
Wellness and Educational Consultant

Location: Reading Hospital Rehabilitation at Wyomissing
(formerly Reading Health Rehabilitation Hospital)
2802 Papermill Road
Wyomissing, PA 19610
(across from Homewood Suites, The Texas Roadhouse,
and very close to Broadcasting Square Shopping Center)

Cost: None. It is FREE!!!

For more information or in the event of inclement weather, please call Tracy Smith-Salzman, M.S.W. (Facilitator) at 484-628-2652.

