

From the Ground Up Strength and Flexibility

Presented by Rehabilitation Services



The exercises take place on the ground but they benefit you in all walks of life. Geared toward those with neurological challenges including Multiple Sclerosis, Parkinson's Disease and post-stroke recovery this weekly mat-oriented class includes elements of yoga, tai chi, dumbbell exercise, exercise bands and more.

Participants will be supplied with all of the necessary equipment including the exercise mat. Due to the nature of the class all participants must be able to get down to their mat and back to their feet again independently or at least with the assistance of a chair.

Class meets every Monday & Friday in 2017 with the exception of the dates listed below.

No class on the following Mondays:

January 2 - *New Year's holiday*

May 29 - *Memorial Day*

September 4 - *Labor Day*

December 25 - *Christmas*

No class on the following Friday:

November 24 - *Thanksgiving holiday*

Meets
Mondays & Fridays
2:00-3:00 p.m.
\$5 per class

Location

DeYoung Pavilion
2nd Floor, Rainier Room
12039 NE 128th Street
Kirkland, WA 98034

Registration

Class size is limited.
Pre-registration required.

For registration and directions
call 425.899.3000
Monday - Friday, 7 a.m. - 7 p.m.
or register 24/7 online at
www.evergreenhealth.com/classes

Parking

Free parking is available in the
surface lot and underground parking.

