Mindful Movement & Medical Literacy

Explore the health benefits of tai chi and yoga

Monday
March 23, 2020
2:00pm - 4:00pm
Porter Memorial Library
92 Court Street, Machias

Enjoy positive social interactions in a safe non-judgmental environment.

For more information, please contact Samantha Williams at boldcoastyoga@gmail.com or call 207-214-6516.

Nourish Your Mind and Body

This experiential workshop is designed to introduce tai chi, yoga, and the basics of medical literacy, (including searching for health information online).

Participants will learn basic yoga poses and tai chi movements, discuss creative ideas for incorporating mindful movement into daily life, explore top consumer health sites and e-patient resources, and will be introduced to the All About Us research program.

The class will wrap up with an opportunity to experience relaxation and stress reduction techniques from restorative yoga.

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