



# Yoga Wellness

The Therapeutic Choice

#10, 8925 - 82 Ave.

## YOGA for Multiple Sclerosis

Manage the symptoms of  
Balance, Coordination, Cognition,  
Muscle Strength, Digestion, Anxiety,  
Depression, and Neuropathy

### FALL

Oct. 17th - Dec. 19th

Monday 5:30-7p.m.

\$117 for 8 weeks

Note: no wheelchair access

Individual Therapy Available

Edie Cassady

Registered Yoga Therapist

call (780) 466-6548

or visit [www.viniyogawellness.com](http://www.viniyogawellness.com)