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Presents the May 2022 Educational Support Group

Activity: The Benefits of Yoga Therapy!

**Where: Epilepsy Foundation of Greater Southern Illinois Office
3515 North Belt West
Belleville, IL 62226**

Guest Speaker: Moonbird Yoga

When: May 19, 2022

11:00am to 2: 00pm

Dress in comfortable clothes and tennis shoes! Bring an exercise mat or towel! Please bring a sack lunch. Snacks and beverages will be provided.

Please RSVP to Elizabeth Daniels at (618) 236-2181 ext. 109 or elizabethd@epilepsygsil.org before May 6, 2021.

Sponsored by the St. Clair County Mental Health Board, Madison County Mental Health Board, and the Illinois Department of Human Services.

