

AMRI Counseling Services 4001 West Capitol Drive Milwaukee, WI 53216 Office: 414-455-3879

**JOURNEY TO SELF PRESENTS:** 

## FREE CAREGIVER SUPPORT GROUP

Enjoy a different kind of yoga while sitting in your chair!

AVAILABLE EVERY 4TH SUNDAY FROM 6:00 PM - 7:00 PM CST

## **CLICK HERE TO JOIN**

01/24/2021 02/28/2021 03/28/2021 04/25/2021 05/23/2021

Always remember to take care of YOU too!

Check-In, Chair Yoga, Raffles, and Prizes