



De-stress and Refresh with FREE yoga.

Please join us for **FREE** yoga classes. Certified yoga instructor Tracey Nguma will lead you through a slow-paced yoga class, perfect for beginner and intermediate participants.

Yoga has been shown to:

- Increase muscle strength
- Reduce weight
- Improve immune system
- Lower blood pressure
- Reduce stress and anxiety



Summa Health Equity Center
1493 S Hawkins Ave
Akron, OH 4432

Where:

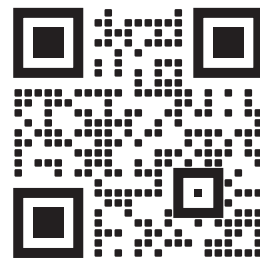
Summa Health Equity Center

When:

Thursdays from 6 – 7 p.m.

Registration:

Scan the code or visit
[summahealth.org/
healthprograms](https://summahealth.org/healthprograms)



Cost: Free

Walkins are welcome!

For more information, call
330.865.5365.