



DANCE WITH YOUR DOC & MOVE WITH YOUR HEALER March 18th, 2018 3 - 5 PM

At Emerald City Judo Dojo

Exercise has many health benefits and providers often recommend exercise to their patients. But how do we incorporate movement into our lives? For this special event, experience an opportunity for patients and providers to exercise and learn together.

The event includes Nia, an integrative joyful movement program, with Pauline Osborne, RN and yoga with Dr. Patti Shelton. After the fitness class, Dr. David Musnick will present “Design Your Exercise Program” with community discussion.

Space is limited. Register for the Free Event: <http://bit.ly/2rT50O5> or pauline@movingtoheal.net



Exercise For Your Health

Movement & Education

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MOVING TO HEAL

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