



# Free yoga classes for Veterans, active military, their families and friends!

**2ND, 4TH & 5TH WEDNESDAYS  
OF THE MONTH AT 18:00**

at VFW Post 4171  
15625 W 10th Ave  
Golden, CO 80401

## **WHY YOGA?**

Increase Strength & Balance  
Relieve Stress & Back Pain  
Sleep Better

## **WHY COMEBACK YOGA?**

Our classes are specifically designed to support veterans and active military. *This includes awareness of seen and unseen injuries.*

**All abilities welcome!**

**Wear comfortable clothes.**

