

# Shepherd Spine and Pain Institute Presents



## Free YOGA

---

Reduce Pain | Increase Flexibility | Improve Resiliency

**Every Friday 10 - 11 a.m.**

---

Participants **MUST** be approved by their Shepherd Spine and Pain provider.  
Please ask about yoga at your office visit.

FOR MORE INFORMATION, CONTACT: Anneke Bender, PT, MSCS, CYT-200  
(404)603-4617  
Anneke.bender@shepherd.org



Shepherd Center  
SPINE AND PAIN INSTITUTE