



Ellis Medicine Employees can enjoy **FREE Yoga for Mental Health Awareness Month**

To honor Mental Health Awareness Month in May, Healthy ME is partnering with Inner Bliss to offer **FREE** Yoga classes at Nott St. Hospital and Bellevue Women's Center.

On class days, please wear comfortable clothing that allows you to move freely. Please bring water and a yoga mat. If you need to borrow a mat, please email wellness@ellismedicine.org to request one. Mats will be at the class when you arrive.

Class dates and times:

Nott St. Hospital Graham Auditorium

Wednesday, May 6 | 5-6 PM

Wednesday, May 20 | 5-6 PM

Register [HERE](#) for Nott St. Hospital Classes

Or scan the QR code



Bellevue Women's Center MVP Room 2

Thursday, May 14 | 4 -5 PM

Thursday, May 28 | 4-5 PM

Register [HERE](#) for Bellevue Classes

Or scan the QR code



QUALIFYING
HEALTHY ME
ACTIVITY



SOCIAL | MIND | SPIRIT



PHYSICAL