



PINNACLE BEHAVIORAL HEALTH, IPA, LCC OFFERS

YOGA
FOR DEPRESSION AND ANXIETY



Hosted by: Maureen Sullivan, LCSW

Monday Evenings at 6pm

\$25.00 per session if you do not have CDPHP, BCBS or BSNENY insurance

What are the benefits of yoga?

- Modulates Stress
- Enhances Sleep
- Calms Nervous System
- Increase's Energy

If interested contact:



Rocco Pezzulo 518-689-0244 ext 22
Laura Hunt 518-689-0244 ext 12