

# Mindful Resilience Yoga Class

## ***An offering from The Caregiver Support Program for Veterans & Caregivers***

***Beginning January 5, 2021***

***We will now be offering Mindful  
Resilience Yoga twice a week.***

**Tuesdays, 9-10 a.m.**

**Fridays, 2-3 p.m.**

**NOW, on-line class!**

**Join us through VA Video Connect.**

- » This is a Seated Yoga class, no experience necessary
- » Classes are 60 minutes
- » Offering Range of Motion, Centering and Relaxation
- » Open to Veterans of all eras, and their caregiver



**For information  
contact:**

**Judy Ulibarri,  
RN, HWNC-BC,  
Integrative Health Nurse**

**Cell: 971-373-3928**

*You **MUST** Register:  
please call Judy Ulibarri at  
971-373-3928,  
or email  
[Erin.danileson@va.gov](mailto:Erin.danileson@va.gov)*



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