

Women's Heart Wellness Practice

Hosted by Lorraine Becker and the Women's Heart Center

This free recurring workshop is ideal for restoration, healing, and mindfulness.

Experience the holistic benefits of Urban Zen Integrative Therapy, a blending of gentle movements, essential oils, restorative yoga poses, Reiki, breath awareness and guided meditation.

The 3rd Thursday of the Month (Starting Sep. 18th)

Group Session 6:30 - 8:00 PM (Rotating Location)

The 1st Saturday of the month (Starting Nov. 1st)

Group Session 10:00 - 11:30 AM & 12:00 - 1:30 PM

2139 Auburn Ave, Cincinnati, OH, 45219

- **What to bring:** A towel/mat, water, and a positive attitude! We provide the rest!

Registration required due to space constraints.



WOMENHEART

THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

In conjunction with
The Christ Hospital Health Network
Women's Heart Center



**The
Christ Hospital™
Health Network**

Women's Heart Center