



**February 11**

**at *The Oasis in Kanata***

*A place for caregivers of  
people with mental illness*

# **Stress Reduction for Caregivers**

**Glen Cairn United Church  
140 Abbeyhill Drive, Kanata**

**Monday, February 11, 7pm  
Free. All welcome.**

Yoga Instructor Monika Herr will explain and demonstrate tools caregivers can use to reduce their stress. Her practice, based in Yoga and Ayurveda, which uses ancient principles and techniques to develop and maintain mind-body balance, is influenced by her lived experience as a caregiver and as a person living with mental illness. Participants may take part in the exercises while seated in chairs. Exercise clothing or Yoga mats will not be required.