

Sexual Assault Awareness Month

To help promote awareness & understanding
OneEighty is offering a free

Trauma Informed Yoga Class

April 21st, 2017

From 5:30 to 6:30 at Flex Yoga

151 South Market St. Suite 200 Wooster OH, 44691

Led by Gloria McAlister LPCC-S

Gloria has studied with Bessel van der Kolk, the world's leading
trauma researcher & Judith Lasater, founder of Restorative Yoga.

Bring your own yoga mat or use the
mats provided.

Everyone is welcome to attend this event.

The trauma of a sexual assault affects the victim as
well as his or her friends and family. Some of the
weight carried by those working through a trauma
can be lifted through selfcare and practicing Yoga.



Helping people change direction.

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