

VA



U.S. Department of Veterans Affairs

Veterans Health Administration  
Clement J. Zablocki VA Medical Center

# Warrior Stance

## Veteran Yoga and Relaxation

Nuturing the mind and body through stretching, breathing and moving.

- Drop-ins welcome
- Any level encouraged
- Equipment provided



Every Tuesday  
4:15 - 5:15 p.m.  
Building 43, Room B105

For more information, contact:

Stacy Olson, RN | [warriorstance@va.gov](mailto:warriorstance@va.gov)

414-384-2000 (toll-free 1-888-469-6614), extension 47221

[http://www.milwaukee.va.gov/services/Yoga\\_and\\_relaxation.asp](http://www.milwaukee.va.gov/services/Yoga_and_relaxation.asp)



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