

YOGA DAY KEENE Sunday, January 31, 2010

- Classes by Donation all day
- Local teachers
- All levels
- Many styles
- There is a class for you!!!
- Men and women welcome
- At HCS on Marlboro Street in Keene, NH
- Donations go to the HCS Local Hospice Program

YogaDay Keene 2010 Goals:

- Raise money and awareness for the HCS Hospice Program
- Introduce new people to yoga
- Let seasoned yogins go deeper or try other styles of yoga
- Bring positive and peaceful energy to all who participate
- Raise awareness of the excellent yoga teachers and classes in the area
- Strengthen the yoga community in the Monadnock Region

KeeneOnYoga.com is pleased to be partnering with HCS once again to host YogaDay Keene on January 31, 2010. Hundreds of people will come together to take free yoga classes and to raise money for the local HCS hospice program.

See www.keeneonyoga.com/yogaday for more information.

Hospice at HCS in Keene

- HCS-Home Healthcare, Hospice and Community Services
- Is a non-profit hospice
- Provides hospice care regardless of ability to pay
- Has been providing care in the community for over 25 years
- Nurses have years of experience and knowledge of the care and comfort measures that are necessary at the end of life.
- Provides comprehensive services to patients and support for family members
- Nurses, aides, social workers, bereavement counselors, chaplain, volunteer coordinator and trained volunteers live locally and are available in our Peterborough, Charlestown or Keene service area.
- Provides grief support workshops and groups at no charge to the community
- www.HCSservices.org

All money raised at the YogaDay Keene event stays locally with HCS Hospice Program.

Thanks to our Sponsors:

KeeneOnYoga.com	www.keeneonyoga.com
Keene Community Yoga	www.keenecommunityyoga.com
HCS	www.HCSservices.org
The Keene Sentinel	www.keenesentinel.com
The Works	www.worksbakerycafe.com
Monadnock Radio Group	www.monadnockradiogroup.com

For more information contact:

Bryan Russell 603.831.2281