

# Southwest Unit



*This workshop has been approved for and offers 2 contact hours. BAP-321, Exp. 03/19.*

**February 9, 2019 • 4:30 p.m. – 6:30 p.m.**

## **“Yoga Basics for Social Workers”**

Presented by:

Meryl Sykes, MSW Student and Certified Yoga Instructor  
Frederick Henken, E-RYT 1000

**Please join us at:**

FGCU Recreation Center  
10501 FGCU Boulevard South  
Fort Myers, FL 33965

Please wear comfortable clothing and bring a water bottle.  
Enjoy much needed time to focus on yourself and learn how yoga can help you!

Registration is \$20 for NASW members, \$30 for non-members and \$10 for students

**To register, go to [www.naswfl.org/events.html](http://www.naswfl.org/events.html).**