

This workshop has been approved for and offers 1 contact hour. BAP-321, Exp. 03/21.



Celebrating Yoga Awareness Month: Mind, Body and Social Work Connection

Presented by:
Emily Gustafson, MSW

Yoga can improve emotional and physical wellbeing. Join us and learn how to incorporate simple techniques in your daily self-care routine.

Central Unit

**September 29, 2020
6:30 p.m. - 8:00 p.m. (ET)**

Registration:
NASW Member - \$5.00
Non-Member - \$10.00

To register, please go to
www.naswfl.org/events.html.

This is a virtual event. You will receive the zoom information the day of the workshop.