

## UPCOMING 2015 WORKSHOPS AND EVENTS

**One hour workshops** are lecture-style, seated in chairs, and include some gentle stretching. No mats or yoga clothes required.

**Two hour workshops** are on mats and include a 30-40 minute yoga practice. Dress for easy movement. Suitable for beginners and all levels.

For information on fees and registration, click on the links or call the numbers below:

**Saturday, February 7, 2:00 - 3:00 pm**

**Olney Assisted Living - Open to the Public**

16940 Georgia Avenue, Olney, MD

For information or to register go to [olneymemorycare.com](http://olneymemorycare.com) or call 301-570-0525

**Thursday, February 19, 11:00 am - 12:00 pm**

**Bedford Court, a Sunrise Senior Living Community**

3701 International Drive, Silver Spring, MD

Open and free to the public. For more information call 301-598-2900

**Sunday, March 15, 10:00 -12:00 pm**

**Warrior One Yoga**

12632 Falconbridge Dr., North Potomac, MD

For information or to register go to [warrioroneyoga.net](http://warrioroneyoga.net)

**Thursday, May 7, 8:00 - 10:00 am Guest Speaker**

**GROWS (Grass Roots Organizaton for the Well-Being of Seniors)**

Holiday Park Senior Center

3950 Ferrara Drive Wheaton, Maryland

For information or to register go to [growsmc.org](http://growsmc.org)

**Thursday, May 14 - Saturday, May 16**

**AARP Life @ 50+ National Event in partnership with  
the Alzheimer's Research & Prevention Foundation**

Memory Screenings and information on Alzheimer's research and prevention.

Miami Beach Convention Center, Miami, FL

**Sunday, November 8, 2015**

**Burning Tree Village through Family & Nursing Care**

Bethesda, Maryland

Further details to come.



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