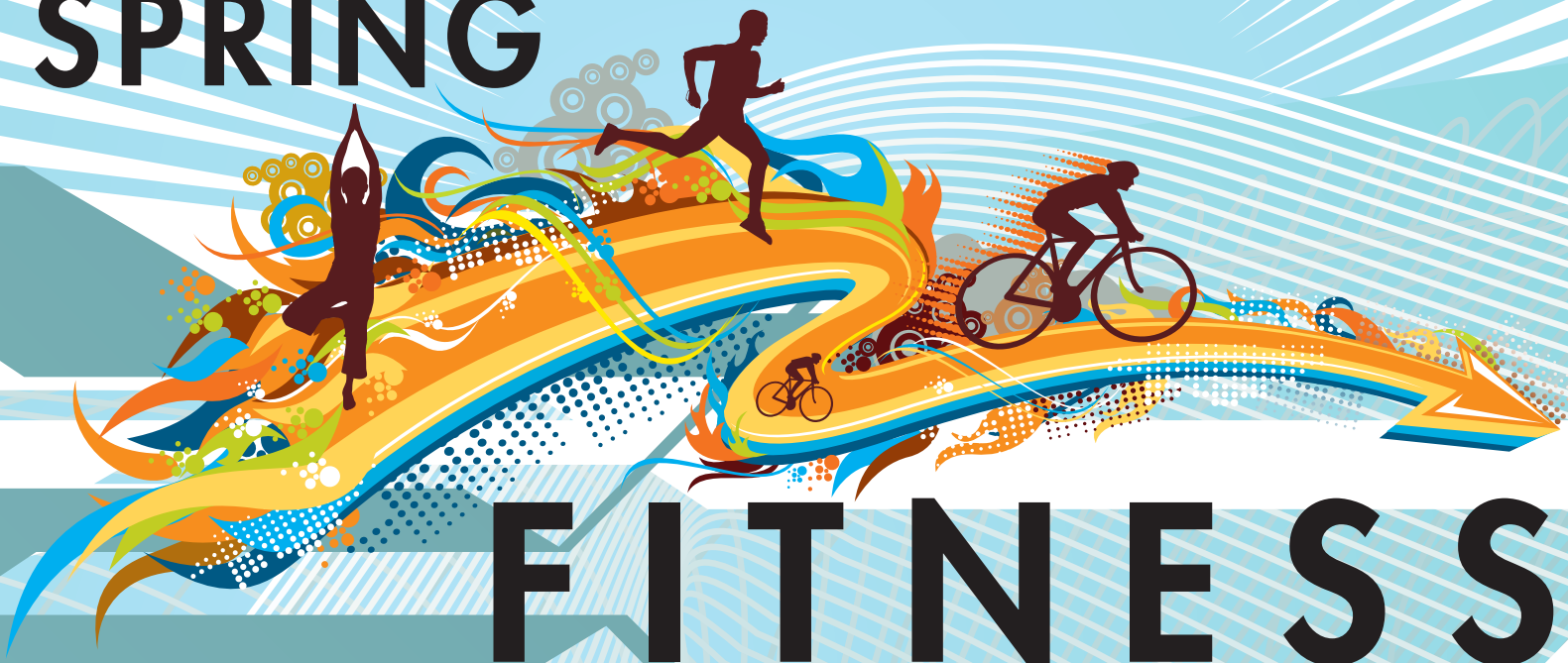


# SPRING



# FITNESS

University of Alaska Southeast

Spring fitness activities are starting for UAS faculty and staff. They are designed to help give you flexibility, strength and vitality. So join in, get fit, and enjoy!

**To register, visit [www.uahealthinaction.com](http://www.uahealthinaction.com)**

## EASTERN FUSION YOGA

**Tuesdays**

**Dates:** January 10 - April 24

**Time:** 12:10 - 12:50 PM

**Where:** Egan Wing, room 221

**Instructor:** Gail Waltzer

*Yoga increases the participant's flexibility and strength while helping to reduce stress by encouraging proper breathing. No prior yoga experience is needed to participate. The class is taught on the floor and participants are encouraged to bring a yoga mat, blanket or towel and wear comfortable clothing.*

*Only UA Health Plan eligible employees may participate.*

Brought to you by UA Health In Action, a partnership between WIN for Alaska, Inc. and the University of Alaska.



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