

Please  
Join  
Us

# Caring Smart Heart Club

## Cardiac Support Group

**Heart Fit Yoga & Exercise Tips**  
**Thursday, September 15 • 11 a.m.**

About our guest speaker: Ashley Williams, of Bare Balance Yoga & Wellness, is a 500-Hour Registered Yoga Teacher (RYT) and graduate student in the Master of Science in Yoga Therapy program at Maryland University of Integrative Health in Laurel, Maryland. Ashley will introduce you to tools and techniques to help improve self-awareness, empowerment and healing.

# Special Event!

## National Rehab Week Kick-off

with special guest, motivational speaker Dan Zimmerman  
**Monday, September 19 • 4 p.m.**

Come see the power of rehab as Dan Zimmerman visits us after completing his cross-country tour from Arizona! Hear from this inspiring cross-country recumbent cyclist and former stroke recovery patient as he shares his journey of stroke recovery and overcoming his disability every day through recumbent cycling.

After the presentation, there will be a demo of the recumbent trike Dan uses to tour the country. (By the time he reaches us, Dan will have **pedaled 3,800 miles!**) There will also be an opportunity for some participants to give a recumbent trike a try, so let us know if you'd like to be on this list!

**RSVP at 804.894.4746 or [judy.skyler@healthsouth.com](mailto:judy.skyler@healthsouth.com) to ensure your spot!**

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**HEALTHSOUTH**  
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