

# Stretch for Vets

Yoga for mind and body wellness program for veterans, active duty military and their families

As part of Bancroft NeuroRehab's continuing commitment to veterans, we offer a FREE yoga series for veterans, active military members and their families.

**Register today!**



Wednesdays 5:30-6:30 p.m.  
September 28-November 16  
Bancroft NeuroRehab Resnick Center  
3900 Church Road  
Mount Laurel, NJ 08054

Yoga is the practice of uniting body and mind through physical movement and meditation. The physical, cognitive and emotional benefits of yoga are well known and proven to:

- Reduce stress
- Increase muscle strength
- Enhance mood and concentration
- Increase cardiovascular endurance
- Decrease blood pressure
- Decrease anxiety and depression
- Improve sleep
- Regulate the stress-response system
- Improve posture

Call 856.216.8090 or email [rachel.friel@bancroft.org](mailto:rachel.friel@bancroft.org) to register.

**Bancroft  
NeuroRehab**

Rebound. Recover. Reconnect.