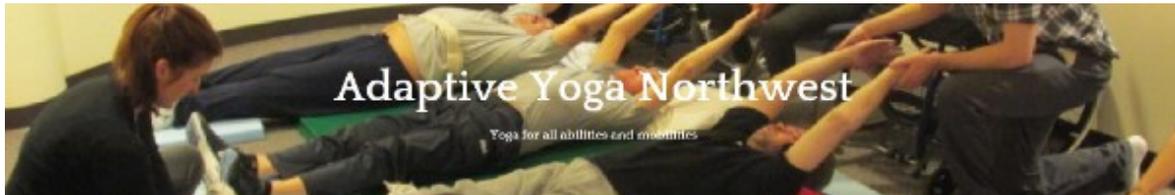


Young Adult Stroke Survivors

May 2018 Meeting



This Month Beth, from Adaptive Yoga Northwest

May 2018

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Our mission is to provide accessible yoga instruction to people living with mobility restrictions in the greater Seattle area and to promote adaptive yoga classes in the region by training volunteers, yoga teachers, healthcare professionals and organizations, and encouraging them to develop their own programs.

1:00 PM to 3:00 PM

Do you have an event to share with Seattle YASS group?

Please come learn about Adaptive Yoga Northwest, which offers yoga for people with physical mobility restrictions. We have trained teachers and volunteers to create a safe and fun place to learn and explore your mind-body connection.

[Email Bill](#) and I'll add it to future meeting announcements, minutes, and the Facebook group.

Learn more about Adaptive Yoga Northwest here:

<https://adaptiveyoganw.com/>

Friends of Seattle YASS Events

May 08 -- [Stroke Club at Valley Medical Center](#)

May 17 -- [Brain Attack: Start Reducing Risk Now](#)

May 19 -- [Strike Out Stroke at Safeco Field](#)

May 21 -- [Swedish \(Cherry Hill\) Cerebrovascular Support Group](#)

YASS meets at:

Provail/Brainworks
12700 Aurora Ave. N
Seattle, WA 98133

Provail is near stops on Metro RTE 345 and Rapidline E.

Driving Directions to the Provail/Brain Works meeting site:

From I-5 northbound: take the NE 130th St exit and head westbound on NE 130th.

From I-5 southbound: take the NE 145th St exit and head westbound on NE 145th.

Turn onto Aurora Ave. N.

We are in the 12700 building, north of the parking lot, in the same building as FastSigns, on the northbound side of Aurora.

Wheelchair vehicles use the upper lot, others the lower. Entry is from the upper lot – look for YASS signs.

CAREGIVERS

A UW-sponsored caregivers group meets at 1:30 in the next room, so caregivers are welcome to attend either meeting (or both).

OUR LIBRARY

Our librarian Duane Retel will have all our materials at the meeting for you to browse and borrow. Contributions are welcome!

As usual, coffee and beverages will be served, and a variety of tasty snacks.

 JOIN US ON FACEBOOK

 VISIT OUR PAGE

 Email Bill

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