

HAPPY Teacher Appreciation Month



YOGA



FUNCTIONAL
MOVEMENT



TAI CHI FOR
ARTHRITIS



VINYASA, YIN
MEDITATION

IN HONOR OF OUR TEACHERS, MIIA IS ENCOURAGING ALL EMPLOYEES TO ATTEND CLASSES ON OMPRACTICE FROM MAY 1-31. AT THE END OF MAY, MIIA WILL RAFFLE OFF 25 PRIZES. THE WINNERS MAY CHOOSE FROM THE FOLLOWING: ATOMIC HABITS BOOK, UNCOMFORTABLE CONVERSATIONS WITH A BLACK MAN BOOK, CAMPER 34OZ STAINLESS STEEL VACUUM CONTAINER, GARDENER TOTE WITH TOOLS, OR A CORKCICLE CANTEEN.

**YOU MAY VIEW ANY OF THE ITEMS HERE:
[HTTPS://WWW.EMIIA.ORG/WELL-AWARE/INCENTIVES](https://www.emiaa.org/well-aware/incentives)**

YOU WILL RECEIVE ONE (1) RAFFLE TICKET FOR EACH CLASS THAT YOU ATTEND IN MAY, SO THE MORE YOU ATTEND THE GREATER CHANCE YOU HAVE OF WINNING! ANY EMPLOYEE CAN PARTICIPATE.

TO REGISTER FOR YOUR FREE OMPRACTICE MEMBERSHIP:

APP.OMPRACTICE.COM/MEMBERSHIPS/MIIA

