



YOGA



STRENGTH
TRAINING



BACK PAIN

* H A P P Y *

TEACHER APPRECIATION WEEK

IN HONOR OF TEACHER APPRECIATION WEEK, MIIA WILL BE ENCOURAGING ALL EMPLOYEES TO ATTEND CLASSES ON OMPRACTICE. AT THE END OF MAY, **MIIA WILL RAFFLE OFF 20 PRIZES**. THE WINNERS MAY CHOOSE FROM THE FOLLOWING: BBQ SET, COLEMAN QUAD CHAIR, GARDENER KIT AND ROLLING COOLER. YOU MAY VIEW ANY OF THE PRIZES [HERE](#).

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](https://app.ompractice.com/memberships/mia)

PILATES



BARRE