



Patients may sign up for workshops at the front desk or contact me for more information. These workshops are only being offered in English at this time.

The upcoming workshops are:

- ✚ **Ritmo del Cuerpo** - May 10<sup>th</sup> at 6:30pm
  - Bimonthly support group in Spanish
  - Note the switch to Wednesday!
  
- ✚ **Little Changed for Better Health** - Tuesday, May 16<sup>th</sup> from 3 - 4pm
  - Open to staff, volunteers, patients, and community members
  - Offered by our friends from Bryn Mawr Rehab

Thank you!  
Rachel

Health Education Coordinator  
610-836-5990 ext 105  
Email [rfrost@cvim.org](mailto:rfrost@cvim.org)