



Gila River
HEALTH CARE



Yoga as Prevention Unplug & Unwind



Thursday, June 18, 2026
District 5 Service Center
6:00PM - 7:30PM



Join us for a beginner-friendly mindful movement experience!



Deep Breath Work



Addiction Recovery



Guided Relaxation



Indigenous Resilience

Yoga mats
& resources
provided



Contact:
520-610-2394

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CALL OR TEXT 988 FOR THE SUICIDE & CRISIS LIFELINE

Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449

