

Save the Date!

Join us for a day of yoga and wellness with the My Strength Wellness Program.

September 16, 2023 | Rancho Cucamonga, CA

Location address: 11200 Baseline Rd, Rancho Cucamonga, CA 91701

8:30 – 9 a.m.	Registration and Welcome Table rounding
9 – 9:30 a.m.	Yoga Practice through instruction by yoga therapist
9:30 – 10 a.m.	Continental Breakfast Table rounding Transition to education room setting
10 – 10:30 a.m.	Group 1: Introduction to cannabinoid benefits; Shirodhara Treatment sample option Group 2: Nutritional benefits for Multiple Sclerosis Group 3: Evidence-based data on complementary alternative medicine in MS symptom relief and wellness benefits; Importance of disease-modifying treatments in reducing overall disease burden from Multiple Sclerosis
10:30 – 11 a.m.	Groups will switch stations
11:30 a.m. – 12 p.m.	Groups will switch stations
12 p.m.	Closing statements

