



UNIVERSITY of MARYLAND  
ST. JOSEPH MEDICAL CENTER



Stay resilient in mind, body and spirit. Take

## Yoga *with Ginny!*

All are welcome to these FREE, drop-in yoga classes with certified yoga instructor Ginny Jump, NP, held on

**Mondays, 12–12:45 pm and  
Wednesdays, 4–4:45 pm**

Classes are held in the Barbara L. Posner Wellness & Support Center (on the third floor of the Cancer Institute, 7501 Osler Drive, Towson).

*Call 410-427-2598 to join virtually.*