

YOGA CLASS

Shirley Wilson will be offering a yoga class at Lilac Services for the Blind starting Thursday, July 23, from 2-3 pm each week. Please remember to wear loose clothing and to bring a mat. Suggested donation is \$5. Call 328-9116 to sign-up. Class size is limited.

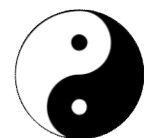
Therapeutic Massages offered on Thursdays

You can now call to schedule a therapeutic massage from Shirley Wilson, a certified massage therapist who has over twenty-five years of experience in massage including Reiki, Healing Touch, Shiatsu, and acupressure.

Call 328-9116 to schedule your massage time starting Thursday, July 23. Please remember to wear comfortable loose clothing. Donations appreciated.

Tai Chi for Health at Lilac Blind

Tai Chi for health is an entry level class that teaches the blind and visually impaired basic Tai Chi that can be practiced in your own home. Tai Chi has been proven to reduce stress, improve circulation and mental attitude. Classes will be on Tuesdays July 21—Sept. 22 (10 weeks) from 1-2 p.m. at 1212 North Howard St. Spokane, WA 99201 Call 328-9116 to register today. Classes are \$75 or \$40 for clients of Lilac Services for the Blind



Does Your Company Match Donations?

Does your work match donations you make to charitable organizations? If so, please inform them when you make a donation to Lilac Services for the Blind. Some companies will also match your volunteer hours, so if your interested in volunteering at Lilac Services for the Blind, contact Chris Huss at (509) 328-9116 today or info@lilacblind.org

Free Health Fair for the Visually Impaired Wednesday October 21, 2009 9-4 pm

Stop by for free testing blood pressure check, diabetes testing, nails trimmed and painted, massages, flu shots and mammograms. The Washington State University School of Nursing and Spokane County Health District will be conducting this health fair. All tests and services are free for the blind and visually impaired. Call 328-9116 to schedule a time.

THANK YOU for supporting Lilac Services for the Blind

Lilac Services for the Blind

1212 N. Howard St. Spokane, WA 99201 (509) 328-9116

www.lilacblind.org info@lilacblind.org 1-800-422-7893