

Ompractice

Live virtual Yoga, Tai Chi, Guided Imagery classes at **no cost** to VA Boston Veterans and Employees!

To Sign Up:

- Go to:
<https://app.ompractice.com/veteransaffairs>
or scan QR code with your smart phone's camera
- Click "I'm a Veteran" or "I'm an Employee" button, and follow prompts to sign up.

