



# WELLNESS WEDNESDAYS

HATHA YOGA

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Every Wednesday

4:30 PM - 5:30 PM


Wildcat Field House  
Multipurpose Room



**Starts  
Jan.  
31st**

Yoga taught by  
Catherine Cooney, LMT, RN, BSN

*No sign-up required  
Open to students, faculty & staff*



Provided by  
SUNY Poly Wellness Center  
(315) 792-7212  
[wellnesscenter@sunypoly.edu](mailto:wellnesscenter@sunypoly.edu)

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