

Scholarships for Classes & Events Frontline Workers in Marathon County



5 Koshas
yoga and wellness

Frontline Worker Scholarships

- **Are you a Frontline Worker in Marathon County?** If you answered yes, you may be eligible for a scholarship for services at 5 Koshas Yoga & Wellness.
- **Apply for a scholarship** by sending an email to mary@5koshasyoga.com with your name, email, mobile phone, occupation, employer and type of service you are interested in (see types of scholarships below).
- **Healing Acres, Inc.**, a non-profit organization, started the Frontline Wellness Program to support frontline worker health and wellness.
- 5 Koshas Yoga & Wellness is an authorized provider of services for this program. Support for the Frontline Wellness Program was provided by the **B.A. & Esther Greenheck Foundation**.

Types of Scholarships

- Intro pass of 30 days for \$35, 4 class mat pass, or 8-class chair yoga pass for online, in-person or video on demand classes at the studio
- Upcoming events that address stress reduction, mindfulness in communication (Vibrational Sound Bath and from Upset to Understanding Workshop)
- Video on demand programs, How to Calm Down with Yoga or Yoga for Anxious and Stressful Times



Who Are Frontline Workers?

- Law Enforcement
- Fire Fighting
- Emergency Medical Services (both private and governmental)
- Probation & Parole
- Hospital Staff
- Social/Human Services
- School Staff – primary education, public and private
- Jail/Prison Staff
- Dispatch
- District Attorney's Office
- Judges & support staff
- Medical Examiners/Coroners
- Foster Care Providers
- Religious Clergy
- Mental Health Counselors
- Frontline Educators – Professors, teachers, or instructors in any of the fields that qualify
- Managed Care Organizations
- Aging & Disability Resource Center – ADRC
- Crisis Response – Any private or nonprofit company
- People Helper Organizations that focus on homelessness, abuse, crisis, etc.
- Nonprofits that serve families in need