



# National Suicide Prevention Month Events

## **Promote Hope Yoga Class**

*Friday, Sept. 10, 5:30-6:45pm, Love Bird Yoga Studio (418 SW 6th St. Redmond)*

A gentle and mellow flow, ending with Yoga Nidra for peace and restoration. This class is free/donation based and in support of Suicide Prevention Awareness Month. Donations will be given to Central Oregon Suicide Prevention Alliance. Suggested donation of \$10, but no one turned away for lack of funds.

Sign up at [www.lovebirdyoga.com](http://www.lovebirdyoga.com)

## **Candlelight Vigil**

*Thursday, Sept. 16, 7 p.m. Bend-La Pine Schools Education Center Front Lawn  
520 NW Wall Street, Bend*

This event is for anyone that has lost a loved one to suicide. The Vigil includes music, a candle lighting ceremony and a local loss survivor who will share their story. Attendees will have the opportunity to light a candle to honor their loved one at sunset.

Registration is not necessary for this event.

**COVID-19 Precautions:** Please note that we are closely monitoring the COVID-19 situation. All events are subject to change to a virtual setting based on local guidelines. Folks attending events will be asked to please use masks and socially distance.

For questions, please contact Caroline Suiter at [Caroline.Suiter@deschutes.org](mailto:Caroline.Suiter@deschutes.org) or 541-322-7420

For further information regarding suicide prevention resources in the Central Oregon region, please visit: [www.preventsuicideco.org](http://www.preventsuicideco.org).