



CANCERcare®
Help and Hope

FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include case management counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by master's-prepared oncology social workers and are offered completely free of charge. To learn more, visit www.cancercares.org.

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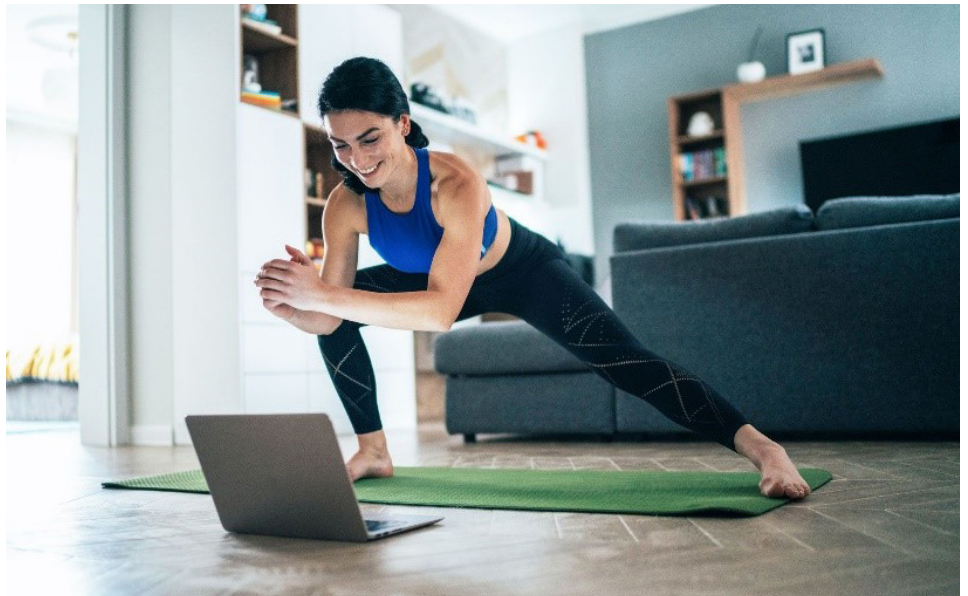


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CancerCare® National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)



Young Adult Virtual Pilates Class

Wednesday, February 3, 2021

CancerCare is partnering with Heather Giesa, a certified pilates instructor, to provide a free pilates class to young adults between the ages of 20 – 39 that have been impacted by cancer.

Whether you are in treatment, post treatment or caring for a loved one with cancer, this pilates class is a great way to engage in self-care and mind-body practice.

TIME

6:00 p.m. - 7:00 p.m.

LOCATION

This virtual class will be held using Zoom; a video function is required to participate.

FOR MORE INFORMATION OR TO REGISTER, CONTACT our Hopeline at 800-813-HOPE (4673) or contact our Young Adult Program Coordinator, Marlee Kiel, LMSW, at 212-712-8029 or mkiel@cancercares.org.

This program is free, but pre-registration is required.