



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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Young Adult Virtual Yoga Class

Wednesday, January 20, 2021

CancerCare is partnering with Nathan Lowry, a registered yoga instructor, to provide a free yoga 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 yoga series 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.

CancerCare® National Office
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