



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 resource navigation, 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.cancercare.org.

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



Adolescent & Young Adult Virtual Yoga Program

Four Part Series

DESCRIPTION

CancerCare is partnering with Chelsea Winters, a registered yoga instructor and reiki practitioner, to provide a series of free **virtual** yoga classes to adolescents and young adults who are in treatment or post treatment for cancer. Our goal is to promote health, wellness and self-care in the new year.

DATE

Wednesday, January 11 from 5:30 to 6:30 p.m. ET

<https://cancercare-org.zoom.us/meeting/register/tZEqd-mtpjgoHtwQ6LXaSvB1FXJxnnp4gsPH>

Wednesday, January 18 from 5:30 to 6:30 p.m. ET

<https://cancercare-org.zoom.us/meeting/register/tZlkduispzqwqHNFrBix8wy2ZrWqtr6D2onbw>

Wednesday, February 8 from 5:30 to 6:30 p.m. ET

<https://cancercare-org.zoom.us/meeting/register/tZlkcO-grTgqH9RR9lihmwFZIJZ4dcX5FZuU>

Wednesday, February 15 from 5:30 to 6:30 p.m. ET

https://cancercare-org.zoom.us/meeting/register/tZOkce6qqTMSE9xrP1SxjjSBb6fakNOjS_da

REGISTER

Please register online by clicking the registration link provided above. For more information, call our Hopeline at 800-813-HOPE (4673) or contact our Young Adult Program Manager, Marlee Kiel, at (212) 712-8029 or mkiel@cancercare.org.