

# ADOLESCENT & YOUNG ADULT YOGA PROGRAM: VIRTUAL WINTER PROGRAM



CANCERcare®

Over 75 Years of Help and Hope

Our goal is to promote health, wellness and self-care throughout the cancer journey with a four-part series.



Chelsea Winters  
Registered Yoga Instructor  
and Reiki Practitioner

CancerCare is partnering with Chelsea Winters, a registered yoga instructor and reiki practitioner, to provide a series of free virtual yoga classes to adolescents & young adults who are in treatment or post treatment for cancer.

This program is open to national clients ages 15-39 and is free, but pre-registration via Zoom is required. For those under the age of 18, consent from a parent/guardian is required.

## PROGRAM DATES

Our goal is to promote health, wellness and self-care in the new year.

Tuesday, January 16, 2024 from 5 p.m. - 6 p.m. ET

Tuesday, January 23, 2024 from 5 p.m. - 6 p.m. ET

Tuesday, January 30, 2024 from 5 p.m. - 6 p.m. ET

Tuesday, February 6, 2024 from 5 p.m. - 6 p.m. ET

Register  
Today!



For more information or to register, contact Hayley Feuchs, LMSW, at 212-712-8071 or [hfeuchs@cancercare.org](mailto:hfeuchs@cancercare.org).

**Facebook:** [facebook.com/cancercare](https://facebook.com/cancercare) | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare