



**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 counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit [www.cancercare.org](http://www.cancercare.org).

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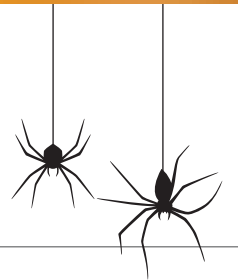
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**CancerCare® National Office**  
275 Seventh Avenue  
New York, NY 10001  
800-813-HOPE (4673)

# HAPPY HALLOWEEN

## Yoga in Costume!

*Tuesday, November 1, 2016*



**CancerCare is inviting children, teens and their parents or caregivers that have been affected by cancer to an exciting Post-Halloween Event featuring a free family yoga class and arts & crafts activity. Feel free to join in costume!**

CancerCare is partnering with Esther Yang, Executive Director of Simple Healthy Living and Super Happy Healthy Kids and yoga teacher, to provide this family yoga class. Children will have the opportunity to connect with peers while learning relaxation techniques and enhancing their sense of inner strength and calmness in a fun atmosphere.

### TIME

5:30 - 7:00 p.m.

### LOCATION

CancerCare's National Office  
275 Seventh Avenue, Floor 22  
New York, NY 10001

### FOR MORE INFORMATION OR TO REGISTER

Email [cckids@cancercare.org](mailto:cckids@cancercare.org) or contact Sarah Paul, LMSW at 212-712-6130 or [spaul@cancercare.org](mailto:spaul@cancercare.org).

Event is free, but registration is required.

