



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.

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



Yoga and Meditation Classes for Children, Teens and Parents

Tuesdays, January 31, February 28, March 28, 2017

CancerCare is inviting all children, teens and families that have been affected by cancer to an exciting series of yoga and meditation classes!

CancerCare is partnering with Esther Yang, Executive Director of Simple Healthy Living and Super Happy Healthy Kids and yoga teacher, to provide these family yoga classes. 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

5:30–6:30 p.m.

LOCATION

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



Please note this event is for children ages 5 and up, teens and their parents or caregivers. We ask that participants dress in loose fitted clothing such as sweatpants or yoga pants (no shorts or tank tops please). Beverages will be served.

FOR MORE INFORMATION OR TO REGISTER FOR ONE OR MORE OF THESE CLASSES, please contact Ahuva Morris, LMSW at 212-712-8365 or amorris@cancercare.org.

**Event is free of charge but pre-registration is required.
Space is limited.**