



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

Wednesday, January 4, 2017

This workshop will teach you ways to enhance your emotional and physical well-being through the use of increased body awareness, specific yoga postures, breathing techniques and meditation guidance. This class is scheduled for the first Wednesday of each month but please check our online calendar of events to confirm the dates and times at www.cancercare.org/calendar.

TIME

12:30–1:30 p.m.

LOCATION

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

FOR MORE INFORMATION,

email communityprograms@cancercare.org or
call 212-712-8359.

**This program is free, but pre-registration is required.
Space is limited to 15.**