



**CANCERcare**<sup>®</sup>  
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).

## CONNECT WITH US



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

# Workshop Programs

## February, March and April 2017

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### Yoga

**Wednesdays,**

**February 1, March 1 and April 5, 2017**

**12:30–1:30 p.m.**

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.

### Reiki

**Wednesdays,**

**February 15 and March 15, 2017**

**12:30 p.m.**

Learn how you can benefit from the calming, timeless experience of Reiki, a gentle form of energy balancing.

### **TO REGISTER FOR THESE PROGRAMS, PLEASE**

email [communityprograms@cancercare.org](mailto:communityprograms@cancercare.org) or  
call 212-712-8359.

**These programs are free, but pre-registration is required.  
Space is limited.**

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**National Office | 275 Seventh Avenue, New York, NY 10001**  
[www.cancercare.org](http://www.cancercare.org) | 800-813-4673