



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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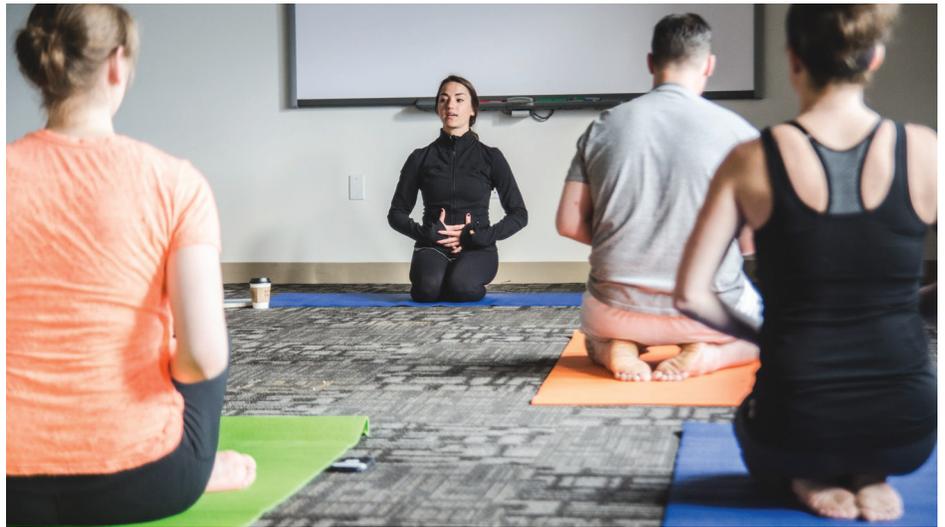


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CancerCare® National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)



Young Adult Yoga Classes

CancerCare is partnering with Cheri Fandozzi, a registered yoga instructor, to provide a series of free yoga classes to young adults ages 20-39 affected by cancer. Whether you are in-treatment, post-treatment or caring for a loved one with cancer, or grieving the loss of a loved one, this yoga series is a great way to engage in self-care and mind-body practice. Classes will be held at The Yoga Collective, a yoga studio close to CancerCare's national headquarters; yoga mats and blocks are provided. Please wear comfortable clothing and remember to bring your water bottle!

CLASSES WILL TAKE PLACE:

- February 13th
- March 13th
- April 15th
- May 13th
- June 17th

TIME

5:45 p.m. – 6:45 p.m.

LOCATION

The Yoga Collective
135 West 29th Street
6th Floor, Room #603
New York, NY 10001

TO REGISTER OR FOR MORE INFORMATION,

Classes are free of charge however, registration is required. You do not have to attend all classes in the series. Please contact mkiel@cancercare.org to register or for more information.