

Gentle/Chair Yoga for Cancer Patients

with



Yoga Schedule

**Mondays
Noon to 1 p.m.**

**June 5
June 12
June 19
June 26**

**Port Huron Yoga
2333 Gratiot Ave.
Port Huron**

Cost: FREE

The Karmanos Cancer Institute at McLaren Port Huron is partnering with the Betty Kearns Cancer Fund and Port Huron Yoga to offer gentle/chair yoga for cancer patients. This four-week session takes place Mondays in June at Port Huron Yoga.

All cancer patients, whether you are an active cancer patient or in remission, and your support person are invited to join the class.

Take time for yourself, better your physical and mental well-being and connect with other cancer patients during this four-week session. You'll learn mindfulness techniques, body awareness positions to minimize pain and how to create more openness with your body and heart.

Registration is required to attend this program. Please call the oncology social worker at 810-989-1006 to register.