

## YOGA THERAPY FOR CANCER

Therapeutic, gentle class for those in treatment and into survivorship. Benefits include relief from side effects such as fatigue, neuropathy, lymphedema, anxiety and depressive symptoms. Ends with a deep, relaxation practice that encourages healing and improves vitality.

**When:**

Every Thursday  
10:30 A.M - 11:30 A.M.

Instructed by:

Tina Walter, C-IAYT, Oncology Yoga Therapists  
Josie Caruso, C-IAYT, Oncology Yoga Therapists

Each class is \$5. Mats and props will be provided.

Classes specifically designed for patients with Cancer, Chronic Illness and Their Caregivers.

No referral required.

**Where:**

UC Gardner Neuroscience Institute  
3113 Bellevue Ave, Cincinnati, OH, 45229  
Suite 1100

*Valet parking is available for \$5 at main entrance or free parking is available in the UC Gardner Neuroscience Institute Garage.*

**Reserve your spot today by calling 513-475-9567(WLNS)**

Classes supported by UC Bearcats Against Cancer.

For more information on all UC Health Integrative Medicine Services visit [uchealth.com/integrative](https://uchealth.com/integrative).