



IN SCIENCE LIVES HOPE.

## 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, M.A. Yoga Studies, E-RYT Oncology Yoga Therapists

No referral or experience required.

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

This class is at no cost to patients and their caregivers due to the grateful donors who contribute to the UC Bearcats Against Cancer fund.

**Where:**

In light of the COVID-19 pandemic, this class will be taught virtually thru Microsoft Teams. We welcome you to participate in the comfort of your own home. Participants must have a UC Health MyChart account to participate.

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

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