

# IN SCIENCE LIVES HOPE.

## YOGA THERAPY FOR CANCER

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

#### When:

Every Thursday 10:30 a.m. - 11:30 a.m.

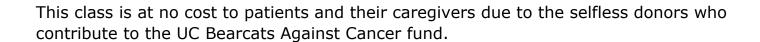
### Instructed by:

Tina Walter, C-IAYT, Oncology Yoga Therapists Josie Caruso, C-IAYT, MA Yoga Studies, E-RYT Oncology Yoga Therapists

No referral or experience required.

Participants must have a UC Health MyChart account to participate.

Classes specifically designed for patients with cancer, chronic illness and their caregivers.



#### Where:

he hybrid class is taught virtually thru Microsoft Teams or in-person on Floor 1 of the Gardner Neuroscience Institute.

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

For more information on all UC Health Integrative Medicine Services, visit uchealth.com/integrative.

