



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.

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

Where:

The 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.

