

BEing Well with Cancer

through gentle, mindfulness-based
yoga, guided meditations, and relaxation

**For current patients, survivors,
families, and caregivers**



Offered Monthly
Wednesdays
5:30 to 6:45 pm

Free-of-Charge

September 22nd
October 20th
November 17th
December 15th

**Call or email for details
or to register**

Space limited to 12 participants.
No prior experience with yoga
or meditation expected or needed.

**Be well, here and now—
One pose at a time
One breath at a time**

Classes led by Chris Warner (M.Ed., E-RYT) and Doug Worthen (MBSR),
are offered through the generosity of the *Practice for a Cure Foundation*
Wednesday evening classes are held at the Śānti Yoga studio, 10 Hovey's Pond Drive, West Boxford.
Home and hospital visits also offered free-of-charge.
Contact Chris for more information, to register to attend, or to make individual/family visit arrangements.

www.practiceforacure.org