



# Cancer Survivor Yoga

Relax & Rehabilitate

**Starts April 4<sup>th</sup> | 6:30 PM | Free of charge**

North Canyon Medical Center is proud to offer weekly yoga classes designed for cancer survivors and those currently going through treatment. Class materials will be provided and no experience is needed. Wear comfortable clothes and prepare to relax and rehabilitate with others who have gone or are going through similar experiences.

How cancer patients can benefit from yoga:

- Natural way to relax
- Improves ability to cope with stress, anxiety & depression.
- Lifts your mood and enhances well-being.
- Calms the mind
- Reduces pain, fatigue, and insomnia
- Increases mobility

The free classes will run weekly for ten weeks. For more information please contact one of our program coordinators.

Jessica (208) 365-8270

Patrick (208) 934-4433

**Location:**

**NCMC Medical Plaza  
Physical Therapy Dept.**

**267 North Canyon Dr.  
Gooding**