

Yoga & Mindfulness Class

for those with a current or previous cancer diagnosis

Current research has demonstrated that practicing yoga and mindfulness shows promising benefits for cancer patients—especially in the management of symptoms including fatigue, stress, insomnia, depression and quality of life.

This class, which does **not** require any previous yoga experience, will teach you management of the breath and mind, as well as restorative seated movements.



Join instructor:

Terry Gupta, MSW, C-IAYT, YACEP, E-RYT500

- **Free** hour-long virtual classes via Zoom
- Wednesdays 1–2 PM
- Beginning Jan 26, 2022

Space is limited, please call today to register for this free class: **603.626.2626**



Wellness & Fitness