



MIND & BODY PROGRAMS SCHEDULE

(Subject to change)

Wellness Workout

Monday Evenings; 6:00pm - 7:00pm

Balance, Harmony, Flow: Jin Shin Jyutsu

2nd & 4th Tuesday; 9:30am - 10:30am

Peaceful Practices

Tuesday Mornings; 11:00am - 12:00pm

T'ai Chi Chih

Tuesday Afternoons; 12:30pm - 1:30pm

Yoga

Tuesday Evenings; 6:30pm - 7:30pm

Yoga, Breathe and Balance

Wednesday Mornings; 9:30am - 10:30am

Move and Tone

Thursday Mornings; 9:00am - 10:00am

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JOIN OUR MIND AND BODY PROGRAMS TODAY!

Our Mind and Body programs have shown to help members learn new ways to manage stress, improve their physical abilities and help reduce the impact from cancer-related treatment side effects.

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TAKING ON YOUR CANCER JOURNEY. TOGETHER.