



Gilda's Club Quad Cities Healthy Lifestyle Activities

Meditation, Yoga

Group Meditation with Angela Swanson

Join Angela Sands of Cloud Nine Meditation on **Thursday, April 13 and Thursday, April 27 from 1:00-1:45 pm** as she leads discussion and group meditation.

Yoga for Cancer Survivors

Yoga for Cancer Survivors is a special class that integrates the breath with body awareness. It also:

- Builds strength & flexibility in safe ways
- Stimulates immune system & builds bone density
- Detoxifies the body & cultivates a sense of well-being
- Creates a sense of community with other survivors
- Empowers participants to take control & enhance their lives

Move with the breath while increasing your flexibility and strength; calming the mind, body, and spirit. Facilitated by Melissa Wright, RYT-200, Yoga 4 Cancer Certified. Find your balance on **Mondays and Thursdays from 2:00 – 3:00 pm.**

Gilda's Club Quad Cities

1234 East River Drive, Davenport, IA

Registration is required.



For more details and to register, please call Gilda's Club at 563-326-7504 or email gc@gildasclubqc.org.