



# Gilda's Club Muscatine Yoga Workshops for Cancer Survivors & Caregivers

## *Chair Yoga and Traditional Yoga Sessions*

This 6-week series is composed of 4 sessions of Chair Yoga (led by Kelly Hendershot, LVCYT) and 2 sessions of Traditional Yoga (led by Melissa Wright, RYT-200, Yoga 4 Cancer Certified).

Sessions are tailored for cancer patients in treatment, cancer survivors/those that have completed treatment, and individuals that provide cancer care to a loved one.

These sessions will integrate the breath with body awareness. It also:

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

This program is made possible by a Community Foundation of Greater Muscatine grant.

*Thursdays, August 3<sup>rd</sup> – September 7<sup>th</sup>, 10:00 – 11:00 AM*

*First Presbyterian Church*

*Gathering Room, 2<sup>nd</sup> Floor*

*401 Iowa Avenue, Muscatine, IA*

*Please Use 4<sup>th</sup> Street Entrance*

*Registration is required.*



For more details and to register, please call Gilda's Club at 563-326-7504 or email [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org).