



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, LVCY certified) 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, October 5th – November 9th, 6:00 – 7:00 PM

Muscatine School District

2900 Mulberry Avenue, Muscatine, IA

Registration is required.



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