

# Yoga

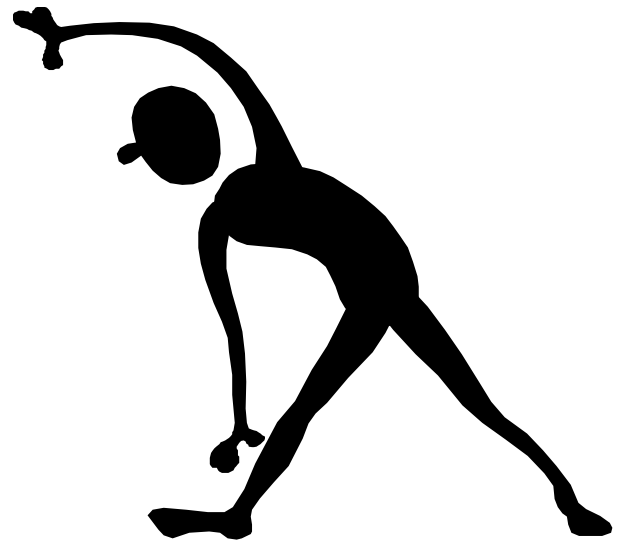
Join yoga instructor Sherrie Weiser in gentle yoga movements to ease symptoms associated with cancer treatment. Yoga has been found to ease fatigue, pain, loss of strength and loss of mobility. Yoga is an excellent method to relieve stress and find relaxation at home, work, in the car or even during treatment!

YOGA

Mondays

Starting June 8

5:30 — 6:30 p.m.



Cancer Care Services  
*the caring place*

623 South Henderson  
Fort Worth, TX 76104  
817-921-0653

Classes are FREE. Loose and comfortable clothing recommended. Doctor's release required for those recently in treatment. Please call Cindy Vasquez at 817-921-0653 for information on how to register. The class is sensitive to all fitness levels and needs and **is open to anyone with a current or past cancer diagnosis and their caregivers.**