



ROSEN MOVEMENT: A GENTLE WELLNESS CLASS

OPEN TO PEOPLE WHO HAVE OR HAVE HAD
BREAST, OVARIAN OR GYNECOLOGICAL CANCER.

Fridays, 10:30 - 11:45 am (NY time)

Offered via ZOOM Video Conference

Are you are looking for a new way to relax, reduce stress,
and connect with your body, in the comfort of your home?

Rosen Movement encourages relaxation through
range of motion and stretching exercises set to music.

The movements are easy and simple.

INSTRUCTOR: Betty Ross is a Licensed Massage Therapist and a Certified Rosen Method Bodyworker. She is also certified in Core Energetic Therapy and is a Somatic Experiencing Practitioner. Betty is also a breast cancer survivor.



**REGISTRATION REQUIRED
CALL SUPPORT CONNECTION
BY 5PM THE DAY BEFORE THE SESSION:
914-962-6402
800-532-4290**

SUPPORTCONNECTION.ORG

