



# A Path Toward Wellness

## A Support Connection Wellness Program

Free. Open to people who have or have had breast, ovarian or gynecological cancer.

### Online Program

**Saturdays, 10 – 11:30 am**

*(\*check our calendar for exceptions)*

*\*Space is limited, please call to learn more*

**Appropriate for beginners or more advanced students!**

**Taught by a Certified Yoga Instructor.**

Emphasis is placed on movement with breath awareness  
as a way to achieve a more tranquil mind.

Experience the benefits of yoga, including a stronger, healthier body  
and a calmer, more focused mind.

**To Register Please Call Support Connection**

**914-962-6402 or 800-532-4290**

**[www.supportconnection.org](http://www.supportconnection.org)**

