



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

Two sessions each Saturday:

10 – 10:45 am, and 11 – 11:45 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



*This program is funded in part by a grant
from the Miles of Hope Breast Cancer
Foundation.*

