



COMPREHENSIVE CANCER SUPPORT PROGRAM



Healing Yoga



Facing Cancer Together

A slow-paced, deeply relaxing class for all people touched by cancer- pre, post, or during treatment, and their caregivers. People of all fitness levels welcome-including beginner & experienced yoga students. Safe after surgery.

Come experience:

- o A peace of mind that many feel they'd lost forever
- o A better sense of wellbeing & reduced stress
- o Better quality and quantity of sleep
- o Increased energy, flexibility, strength, balance, range of motion lymph flow, bone density
- o A certified yoga instructor who specializes in yoga and cancer
- o A community of people who understand



Remote Classes- via Zoom

Monday: 10-11:30am

Tuesday: 10-11:30am

Thursday: 10-11:30 am

Friday: 10-11:30 am

In Person Class- Get Real and Heel Facility

(410a Country Club Rd, Chapel Hill)

Wednesday: 10-11:30am

Call 919-445-4255 for more information



**LINEBERGER
COMPREHENSIVE
CANCER CENTER**

Please visit www.unclineberger.org/ccsp



UNC CANCER CARE