




# BALANCE

your life.



## Gentle Yoga in Minden

*Cancer Resource Center Ongoing Classes*

Our complimentary Gentle Yoga classes are designed to teach you easy movements to promote deep breathing and relaxation during cancer treatment. You will be taught simple stretching in a tranquil setting with other cancer patients and survivors, which may help relieve stress and lessen treatment side-effects.

Wednesdays at 10 am, free for Cancer Patients & Survivors, and \$5 drop-in fee per class for the public. **Pre-registration is required. To sign-up or for more information please call (775) 445-7500.**

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**CARSON TAHOE**  
— CANCER CENTER —

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