



BALANCE

your life.



Gentle Yoga

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.

Free for Cancer Patients & Survivors, and \$5 drop-in fee per class for the public. Location varies.

Pre-registration is required. To sign-up or for more information please call (775) 445-7500.

Yoga	Mon. 1:00pm
Yoga Glow	Tues. 5:45pm
Yoga	Wed. 10:00am - Minden
Yoga	Wed. 10:00am
Yoga Flow	Fri. 10:00am

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CARSON TAHOE
— CANCER CENTER —

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