

Gentle Renewing Yoga for Cancer Patients: Reconnecting Body, Mind and Spirit

While it's not a cure for cancer, yoga enhances physical and emotional wellness—and brings a peace many patients had thought they'd lost forever.

Yoga is an ancient tradition involving meditation, deep breathing and movement through physical postures, and a growing body of literature suggests that it can be beneficial for multiple serious and chronic health conditions. And now, new research suggests yoga has beneficial effects on sleep quality, fatigue, discomfort, and overall quality of life in cancer survivors.

We offer a holistic class just for individuals who have had a **cancer diagnosis**. Simple and gentle, this 1 hour yoga routine will include a number of gentle stretches, breathing techniques and poses to enhance balance and overall strength and peace. Please plan to come at least 15 minutes early the first time so brief paperwork can be completed. Family members and caregivers will be allowed to participate at no cost in order to support the experience of the class and assist their loved one.

This class is free and offered every Wednesday at 1 p.m.
Connie Smith is the instructor. Call 252-522-7207 for more information.

 **LENOIR**
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