

**MIND ~ BODY ~ SPIRIT**



# GENTLE YOGA

The mission of The Wellness Community is to help people affected by cancer enhance health and well-being through a professional program of emotional support, education, and hope. All programs and services are provided free of charge.

*Mondays, beginning August 23  
11:00 AM - 12:30 PM (eight weeks)*

This class adapts traditional Yoga poses and movements to meet individual needs. Participants are seated for much of this class which makes it comfortable those still in active treatment and for anyone starting out with yoga. **Michelle Stortz** instructs.

**RSVP by August 19.**

**the** PHILADELPHIA  
**wellness.**  
**community**®   
AN AFFILIATE of the CANCER SUPPORT COMMUNITY

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