



Yoga Classes for *Patients Fighting Cancer and Survivors*

Please join us...

Unite your body, mind and breathing to strengthen, reduce stress and energize your life.

- Restorative yoga for all skill levels.
- No experience required.
- Alternate chair yoga poses included.
- **Classes meet every Monday and Wednesday for eight weeks (16 classes).**
- **Two class times and locations offered:**
 - 2:00 pm Covenant HealthCare, 600 North Main Frankenmuth, Lower Level
 - 4:30 pm Covenant HealthCare, 5400 Mackinaw Saginaw, Lower Level
- **16 classes for only \$35.**
- Water bottle and yoga mat suggested (but can be provided).

To register or for more information, please call Morgan at 989.583.5242.

Call to reserve your spot today!

COVENANT
Cancer Care Center