



HEALING YOGA

For Those Affected By Cancer

Fridays 1:00–1:45 PM
January 10 – December 5, 2025

River Shores Branch
705 Village Green Way, West Bend

Yoga offers a way for those faced with cancer to regain control of their body and take an active part in their recovery and long-term health.

Movement through yoga poses, along with breathwork and meditation, can strengthen the immune system, rebuild bone density, manage lymphedema, decrease anxiety, reduce pain, and help the body repair the damage caused by cancer and conventional cancer treatments.

All abilities are welcome and accommodated. Participants should consult with their doctor before registering for the class.

The class is **FREE** and open to those undergoing treatment, as well as those who have completed treatment for cancer.

Registration is required. Participants may register at any time throughout the year, provided there is space.

For more information or to register please contact
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