

# HEALING YOGA

For Those Affected By Cancer

Fridays Jan 9 – Dec 4, 2026  
1:00 – 1:45 PM

River Shores Branch  
705 Village Green Way, West Bend



Yoga offers a calm, supportive way to take back control during and after cancer. With simple poses, steady breathing, and meditation, you can boost your immunity, rebuild bone density, manage lymphedema, ease anxiety, relieve pain, and support recovery from treatment.

Everyone is welcome.  
Check with your doctor first. The class is free for those in treatment and survivors.

Registration is required and open at any time, provided space is available.

For more information or to register,  
please contact

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(262)247-1024 | [kheimerman@kmymca.org](mailto:kheimerman@kmymca.org)

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