

Chair Yoga

For Health and Recovery

DID YOU KNOW...?

Yoga is proven to:

- **DECREASE** blood pressure, heart rate, stress hormones, joint pain, chemotherapy related nausea, and fatigue
- **IMPROVE** mood, sleep, energy level, strength, flexibility, balance, and general health

FREE CLASSES

Boost your health and recovery!

Wednesdays at 10:30 AM

St. Mary's Hospital
Cancer Treatment Center

Free for current and former St. Mary's and Samaritan cancer patients.
\$10 fee for others. No registration necessary.

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