

# Yoga *for* Cancer

Improve symptoms through simple movement and breathing.

A **FREE** weekly program designed to limit stress, reduce fatigue, and promote healing for cancer patients and their caregivers, pre, post, or during treatment. Walk-ins welcome.

**Thursdays** from **5:00-5:45 p.m.**  
**Maine Pines Racquet & Fitness**  
120 Harpswell Road, Brunswick



**What you can expect:**

- A better sense of well being
- Stimulated immune system
- Help with building bone density
- Increased strength and flexibility

For more information call **(207)729-8433**.



MID COAST *Center for*

**Community Health & Wellness**

[WWW.MIDCOASTHEALTH.COM/WELLNESS](http://WWW.MIDCOASTHEALTH.COM/WELLNESS)