

Yoga for Cancer

A **FREE weekly program** designed to limit stress, reduce fatigue, and promote healing **for cancer patients**—pre, post, or during treatment. **WALK-INS WELCOME.**

What to expect:

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

Thursdays, 5:00 – 5:45 p.m.

Maine Pines Racquet & Fitness • 120 Harpswell Road, Brunswick

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



 **MID COAST** *Center for*
**Community Health
& Wellness**

Leading You to Better Health
www.midcoasthealth.com/wellness