


The Suzanne Morgan  
Center at Ridgeland  
4100 Chamounix Drive  
Philadelphia, PA 19131

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The Cancer Support  
Community of  
Philadelphia  
is dedicated to  
providing, at no cost  
to members, a  
comprehensive and  
professional program  
of emotional support  
and education  
designed to enhance  
the mind, body, and  
spirit of people whose  
lives have been  
impacted by cancer.

# HEALTHY LIFESTYLES



## T'AI CHI

*Wednesdays, 9:30 - 11:00 AM* **Beth Rose**, instructor

T'ai Chi, an ancient Chinese energy practice, is a flowing series of movements and poses believed to "center the mind" and promote healing and relaxation. It builds awareness of the body and its muscles, distributing one's attention throughout the body, an important element to one's health.

## QIGONG

*Mondays, 5:15 - 6:15 PM* **Kevin Starbard**, instructor

Qigong, which means "energy work", has been practiced in China for thousands of years to achieve vibrant health and a calm mind. Qigong, as in Tai Chi, incorporates slow, meditative movements with deep abdominal breathing to counteract the chronic stress and strain of daily life on the body and mind, and restores balance and energy

## YOGA

### RESTORATIVE YOGA

*Thursdays, 1:15 - 3:00 PM* Theresa Kreider, instructor

Restorative yoga can help your flexibility, strength, and balance. Learn yoga breathing that provides increased energy and deeper relaxation.

### NEW CLASS: MEDITATIVE YOGA SERIES -

*Tuesdays, July 19, 26 and August 2, 9 - 10:00 AM*

The word "Yoga" means union. The focus of this class will be to synchronize gentle yoga poses with the breath as a way of bringing the mind and body into a relaxed state of balance and harmony. This class led by **Linda Spero** welcomes beginners and all levels to participate in this meditative experience.

### FOCUS FITNESS STUDIO

*Tuesdays, 1:30 - 2:45 PM \**

Focus Fitness of the Main Line offers a free class for cancer survivors.

\*1111 East Lancaster Avenue, Bryn Mawr, PA 19010 ~ 610-525-5515

[www.cancersupport-phila.org](http://www.cancersupport-phila.org)