



THE JOY OF MOVEMENT

Tuesdays - 3:30 - 4:30 PM

Saturdays 11:00 AM - 12:00 PM

**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.*



Discover the joy of movement through the practice of Nia, a fusion fitness class that combines movement forms from the dance arts, the martial arts, and the healing arts. All fitness levels are welcome.

Bring your minds, bodies, and spirits to a class that finds joy in moving your body, your way!

Suzanne O'Grady is the instructor.

This class is sponsored by the **Bob Brockman Nia Fund**



**CANCER SUPPORT
COMMUNITY**

PHILADELPHIA

Formerly The Wellness Community of Philadelphia

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

215-879-7733

www.cancersupport-phila.org