

Healthy Life Styles



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.

T'AI CHI **Beth Rose, instructor**

Wednesdays - 9:30 - 11:00 AM

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 **Kevin Starbard, instructor**

Mondays - 5:15 - 6:15 PM

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 **Theresa Kreider, instructor**

Thursdays - 1:15 - 3:00 PM Restorative yoga can help your flexibility, strength, and balance. Learn yoga breathing that provides increased energy and deeper relaxation.

GENTLE YOGA (SEATED YOGA) **Michelle Stortz, instructor**

Mondays, January 23, 30 and February 6, 13 - 11:30 AM - 1:00 PM

This class adapts traditional yoga poses and movements to meet individual needs. Participants are seated for much of this class which makes it comfortable for those still in active treatment and for anyone starting out with yoga.

YOGA AT FOCUS FITNESS STUDIO* **Karen Gagnier, instructor**

Tuesdays - 1:30 - 2:45 PM

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

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**CANCER SUPPORT
COMMUNITY**

PHILADELPHIA

Formerly The Wellness Community of Philadelphia

**The Suzanne Morgan Center at Ridgeland
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www.cancersupport-phila.org