

Benefits of Yoga, Tai Chi, and Meditation

- Cardio and circulatory health
- Improved respiration, energy and vitality
- Balanced metabolism
- Stimulation of the immune system
- Lower levels of stress
- Decrease depression and anxiety
- Lower cortisol hormone levels
- Increased muscle strength and tone
- Enhance overall well-being



Practice yoga, Tai Chi, and meditation alongside, not instead of, conventional medical treatment.

eliminating racism
empowering women

ywca

White Plains & Central Westchester

515 North Street
White Plains, NY 10605
914-949-6227
www.ywcawpcw.org

Holistic Wellness



for breast cancer patients and survivors

Program funded, in part, through a grant from
the New York State Department of Health

YWCA IS ON A MISSION



YWCA White Plains & Central Westchester is committed to health and wellness for all individuals and is pleased to offer this unique programs for those managing life with breast cancer. Classes and workshops, developed by certified instructors, help provide support during all phases of your breast cancer journey—whether you're newly diagnosed, currently in treatment, or post-treatment— getting regular exercise is important for your continued health.

Our instructors' gentle holistic approach, combined with modified techniques, are powerful tools used in managing the daily challenges, side effects, and life-long vulnerabilities of cancer treatments.

For women diagnosed with breast cancer, research shows those who practice **Yoga, Tai Chi and Meditation** may have less stress, fatigue, and a better quality of life.



Yoga, Tai Chi, and Meditation

Inspired? If you're currently undergoing treatment for breast cancer or if you're a survivor, ask your doctor if you are healthy enough to take a yoga, Tai Chi, or meditation class.

All sessions run for five weeks and held at the YWCA

Yoga

Thursdays
April 6 - May 4, 2017
Time: 6:30 - 7:30 pm

Yoga

Thursdays
May 10 - June 7, 2017
Time: 6:30 - 7:30 pm

Meditation

Mondays
April 3 - May 1, 2017
Time: 9:30 - 10:30 am

Meditation

Mondays
May 8 - June 5, 2017
Time: 9:30 - 10:30 am

Tai Chi

Wednesdays
April 3 - May 3, 2017
Time: 6:30 - 7:30 pm

Tai Chi

Wednesdays
May 10 - June 7, 2017
Time: 6:30 - 7:30 pm

Tai Chi

Thursdays
April 6 - May 4, 2017
Time: 10:00 - 11:00 am

Tai Chi

Thursdays
May 11 - June 8, 2017
Time: 10:00 - 11:00 am

Register today for non-fee based programs.

Workshop Series

As part of our commitment in supporting individuals with breast cancer, the YWCA will offer workshops provided by certified nutritionists, leading hospitals, and other medical professionals.

- Understand Nutrition and Healing
- Navigating Through the Medical System
- The Truth About Cancer Supplements, Diet, and Nutrition
- Lifestyle Changes for a Healthier You

To learn more or register for classes, please contact:

**Angela Katz at 914-949-6227 ext. 208
or via email akatz@ywcaawpcw.org**