



# Yoga Classes *for* *Patients Fighting Cancer and Survivors*

## Please join us...

**Unite your body, mind and breathing to strengthen, reduce stress and energize your life.**

- Restorative yoga for all skill levels.
- No experience required.
- Alternate chair yoga poses included.
- **Classes meet every Monday and Wednesday for eight weeks (16 classes).**
- **Two class times and locations offered:**
  - 2:45 pm Covenant HealthCare, 600 North Main Frankenmuth, Lower Level
  - 4:30 pm Covenant HealthCare, 5400 Mackinaw Saginaw, Lower Level
- **16 classes for only \$35.**
- Water bottle and yoga mat suggested (but can be provided).

**To register or for more information, please call Morgan at 989.583.5242.**

***Call to reserve your spot today!***

**COVENANT**  
HealthCare