

The STAUNTON-AUGUSTA FAMILY YMCA is excited to be offering a monthly Oncology Yoga program! As a healthy living facility we understand everyone's journey to be a unique experience and strive to foster that in any way we can.

This ongoing one-of-a-kind program is designed for cancer survivors and those still undergoing treatment for any form of cancer. This gentle program is being taught by Melissa Anderson-Morgan, a certified **yoga4cancer** teacher. Read on for a more detailed description of methodology used in this uplifting, supportive class.



Email SAYMCA Fitness Director Wendy Shutty at wendyshutty@saymca.org with any questions.

**" Hope is not a plan.
Yoga can be. "**

Tari Prinster
Founder of yoga4cancer



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAUNTON-AUGUSTA FAMILY YMCA
708 N COALTER ST, STAUNTON, VA
24401
540 - 885 - 8089



Oncology Yoga
at the
**STAUNTON-AUGUSTA
FAMILY YMCA**

**A program for cancer
patients and
survivors.**





Join Melissa Anderson-Morgan
on Tuesdays at 4:20 PM in the
SAYMCA Mind/Body Studio
with your yoga mat.

Monthly Fees:

Members: \$30

Non-Members: \$45

We keep the class small to
honor the individual with a
maximum of 10 participants.
Enroll today!

Contact SAYMCA Fitness
Director Wendy Shutty at
wendyshutty@saymca.org
for more information.

yoga4cancer (y4c) is a research-based, specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. Because all yoga is not the same, finding the right yoga teacher is the best first step.

yoga4cancer (y4c) classes are always taught by certified **y4c** teachers who take the time to get to know their students and plan the class to reflect the individual needs of the program participants.

Oncology Yoga will help you:

- maintain a strong immune system
- build muscle strength
- improve your bone density
- create self-confidence
- find solutions for treatment side effects
- reduce stress
- improve your sleep
- give you a sense of well-being
- cultivate hope
- provide a supportive community

For more information, go to **y4c.com**



Meet your teacher:

Melissa Anderson-Morgan!

Melissa is a group fitness and **yoga4cancer** certified teacher who is committed to creating a safe space for patients and survivors. She possesses a wealth of knowledge and is mindful of the special needs of the individual students. She is passionate about cultivating a sense of community and support among participants.