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.

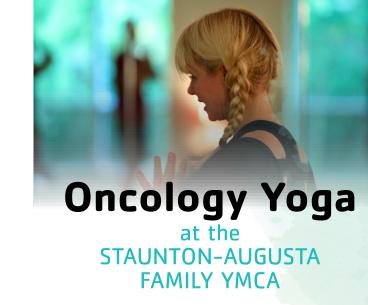
This ongoing one-of-a-kind program is designed for cancer survivors and those still undergoing treatment for any form of cancer. This gentle program is being taught by Melissa Anderson-Morgan, a certified **yoga4cancer** teacher. Read on for a more detailed description of methodology used in this uplifting,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



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

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

Tari Prinster
Founder of yoga4cancer



A program for cancer patients and survivors.



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

540 - 885 - 8089







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

> Monthly Fees: Members: \$25 Non-Members: \$40

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

Enroll today!

Contact SAYMCA Fitness Director Wendy Shutty at wendy@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 commited 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.