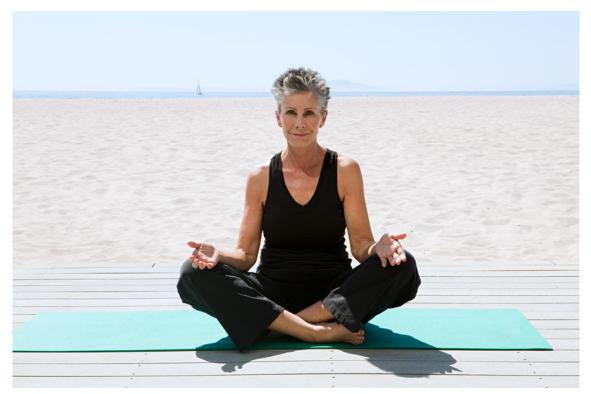
Supportive Care Yoga



Holistic Health & Wellbeing Throughout Treatment & Survivorship



Times: Tuesday's: 6.00 PM - 7.30 PM & Thursday's: 11.00 AM - 12.30 PM Dates: Tuesday's from October 13 - December 15, 2020 Thursday's from October 15 - December 17, 2020.

Join the online restorative group activities at home or outdoors Connect with others who have lived BC experience on SCY Facebook & Zoom. Classes have a multilevel approach to meet varied needs, with adaptations to make movements easier and graded intervals to increase strength and stamina. Cost: \$90 for each 10-class pass. First class free, credits used across terms, no expiry. Payments: Westmead Hospital Cashier: 8890 9695 Code: 366906 cash or card R.S.V.P. Advise the teacher when you can commence SMS: 0431 944 929 Provide your contact phone & email to receive your welcome information.