

Supportive Care Yoga



Holistic Health & Wellbeing Throughout Treatment & Survivorship

Term 4, 2020  SCY for BCI

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.