

Open to all cancer survivors, men and women

HEALING YOGA FOR CANCER SURVIVORS

Two classes
are now
available!

Thursday 4:00 – 5:30 pm
Thursday 6:00 – 7:30 pm

Gayle and Tom Benson Cancer Center
5th Floor Sitting Area

1514 Jefferson Hwy, New Orleans, LA 70121

Instructor:

Louanne Cho, E-RYT 500, AWC

Elmwood Fitness Yoga Instructor

Uptown Yoga & Ayurveda Wellness Center, Owner

- Casual or exercise attire
- Class at no cost to patient
- Bring a mat or one will be provided
- No yoga experience required



TO REGISTER OR FOR QUESTIONS, PLEASE CALL 504-842-3708

