

FALL 2024 SESSION

# Yoga Connection

With Kathy Davis and Crystal Hill

This class is designed for cancer survivors at any stage, and if desired, a support person. The yoga session will include:

- Gentle stretching to improve range of motion
- Low impact and restorative poses
- Relaxation techniques
- Guided meditation and breathwork

Registration is required due to limited space. This is an ongoing class and you're welcome to sign up at any time, however the \$30 fee can not be prorated.



## Please join us!

**Class frequency:** Once a week for 8 weeks on Wednesdays

**Start date:** Week of September 19

**Time:** Noon - 1 P.M.

**Fee:** \$30; the fee can not be prorated

**Location:**

Fowlers Conference Room 2

1506 S. Oneida St.

Appleton, WI 54915



Register online at [bit.ly/foxvalleyyoga](https://bit.ly/foxvalleyyoga) or by scanning the QR code.

Questions? Contact Kayla Thorne, Cancer Prevention/Wellness and Survivorship RN Coordinator, at 414-212-5171 or [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org).



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