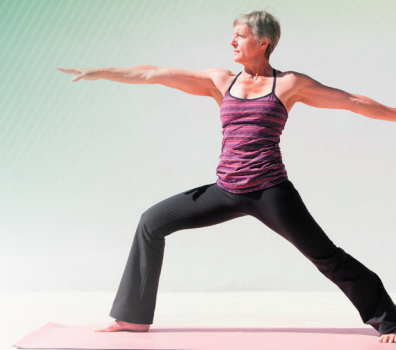


Renew and Restore

Gentle Yoga Class for People with Cancer



Yoga is a form of physical and mental exercise that has been around for thousands of years. Many studies point to the following benefits of yoga for people with cancer:

- Reduced fatigue
- Reduced stress
- Improved sleep
- Improved physical functioning
- Improved quality of life

Renew and Restore is an 8-week gentle yoga class to help improve strength, flexibility, and well-being.

Class Requirements:

- Diagnosed with any form of cancer
- Class available during and/or post treatment
- At least 4 weeks post-surgery and clearance from your physician
- Able to get up and down from the floor independently
- Written precautions and/or restrictions from your physician
- 18 years of age or older

Instructor: Jennifer Lieb, PT, MSPT, CPI, CLT-LANA, RYT

When: Fridays 8:30-9:20 a.m.

2024 Options:

- January 12 – March 1, 2024
- March 22 – May 10, 2024
- June 7 – July 26, 2024
- September 20 – November 8, 2024

Where: Tebo Family Medical Building, Community Room, 1st Floor
4715 Arapahoe Ave., Boulder, CO 80303

Bring: Yoga mat; if you need one, please contact Jennifer Lieb

Cost: \$96 for 8-week class
Scholarships available – email jl Lieb@bch.org to inquire

Registration: www.bch.org/therapyclass • Class size is limited. Register early!

Learn more
and register



Provided by BCH Outpatient Rehabilitation with support from the BCH Foundation.