



## Breast Cancer Coalition

is pleased to offer a  
free 6-week Gentle Yoga class  
for breast or  
gynecologic  
cancer survivors

**Thursday evenings**  
Sept. 20 - Oct. 25, 2018  
6:00 - 7:15pm

**Hoag Library (Curtis Room)**  
134 S. Main Street  
Albion, NY

**Call the Coalition at  
585-473-8177  
to register!**



Photo sources: www.freeimages.com



This 6-week class, led by Yoga instructor Karen Blank (RYT), is limited to 12 survivors.

*Advanced registration is required, so call the number below!*

Call Miriam Steinberg, Regional Services Director for the Coalition, at 585-473-8177, or email [miriam@bccr.org](mailto:miriam@bccr.org) to learn more about this special program and to *reserve your spot!*



**Breast Cancer Coalition** 1048 University Avenue, Rochester, NY 14607  
Phone: 585-473-8177 • Website: [www.bccr.org/category/regional/](http://www.bccr.org/category/regional/)