



Yoga Warriors: Free Yoga Classes for Cancer Patients & Caregivers

Second Floor,
Community Education Room

CARTI Cancer Center
8901 CARTI Way
Little Rock, AR 72205

10:30 - 11:30 A.M.

- SEPTEMBER 6
- SEPTEMBER 20
- OCTOBER 11
- OCTOBER 25



Aside from attacking the body physically, cancer can also prey on the emotional and mental well being of patients and caregivers due to heightened stress that can accompany diagnosis and treatment.

Yoga principles such as meditation, relaxation and concentration not only help improve the overall mood, health and well being of cancer patients, but national studies have indicated yoga can also assist in alleviating depression, anxiety and insomnia.

CARTI, in cooperation with Donna Terrell's Yoga Warriors Fighting Colon Cancer, is pleased to offer a free series of yoga classes especially for cancer patients and caregivers. Classes will be led by oncology-trained, certified yoga instructors from the Arkansas Yoga Collective who are sensitive to the cancer treatment and recovery process.

Class size is limited, so pre-registration is recommended but not required.



OPEN TO ALL CANCER PATIENTS, SURVIVORS & CAREGIVERS

For more information, or to pre-register, contact:
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