



BEGINNER  
**YOGA CLASSES**  
FOR CANCER PATIENTS,  
SURVIVORS, & CAREGIVERS

- YOGA FOR STRENGTH & STABILITY
- RESTORATIVE YOGA
- MEDITATION
- CHAIR & GENTLE FLOW YOGA
- REDUCE STRESS & SLEEP BETTER

**WEDNESDAYS at 5:30 pm**

MEDICAL CENTER OF LEWISVILLE  
2ND FLOOR COMMUNITY ROOM  
500 West Main Street, Lewisville, TX 75057



- FREE** for current cancer patients in treatment
- \$5** for survivors
- \$5** for caregivers (must attend with patient)
- \$10** for MCL employees and all other participants

**INTERESTED?**

Please contact **Debbie Simon**, *Yoga for Cancer Certified Teacher*, for an initial evaluation at 214.642.9002 or email [yogabridge@hotmail.com](mailto:yogabridge@hotmail.com).

