



Cancer Care Yoga

Yoga can increase physical and social functions, improve health, reduce fatigue and sleep problems. If you are recently diagnosed with cancer or a cancer survivor, join us for complimentary yoga sessions.

Physician approval is recommended.

Dates: Every Tuesday

Time: 5:30 to 6:30 p.m.

Place: Rush-Copley Healthplex

1900 Ogden Avenue

Aurora, IL 60504

Lower Level, Yoga Studio

(on the Rush-Copley Medical Center campus)



To register for this FREE program, visit rushcopley.com or call 866-4COPLEY (1-866-426-7539).

