

Yoga for Young Adults

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What is it?

A FREE 12-week yoga program for young adults affected by cancer

Are you interested in joining a FREE yoga program designed for young adults affected by cancer that you can join from your own home?



The Yoga for Young Adults Fall 2022 program will run the following dates/times:

- Mondays/Wednesdays @ 12-1PM (MST)
- Tuesdays/Fridays @ 4:30-5:30PM (MST)

This study has been approved by the Health Research Ethics Board of Alberta: HREBA.CC-20.0098

Contact us today to learn more and register for classes:

Email: wellnesslab@ucalgary.ca

<http://www.thriveforcancersurvivors.com/>



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