



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

DATE:

Friday, March 8

TIME:

10:00-11:30am

WITH:

Staff with Mind Body
Solutions

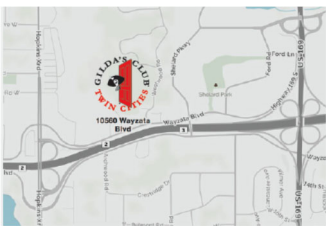
COST: FREE!

RSVP:

GildasClubTwinCities.org,
My GCTC app,
or 612.227.2147

LOCATION:


GCTC Clubhouse
10560 Wayzata Blvd
Minnetonka, MN 55305



*From 394, go north on
Hopkins Crossroads; then
right on North Frontage
Road/Wayzata Blvd*

 /GildasClubTwinCities

 @GildasClubTC

 @GildasClubTC

Healthy Lifestyle

March 2019

Giving & Receiving: A Partner Workshop for the Mind & Body



We all seek connection with others, but living with the effects of cancer and treatment can feel isolating. Join our friends from Mind Body Solutions for a morning of mind-body practice to help you feel a little better in the body you have and a little more connected to one another. Based on the principals of yoga, we'll explore simple practices that bring ease and connection by experiencing ways to support one another, share rhythm and playfulness, and inspire a sense of calm and healing.

This workshop is appropriate for people at any stage of treatment or recovery and their care partner, family member or friend. Participants are also welcome to come on their own. Please wear comfortable clothing that allows for movement.

mindbody
SOLUTIONS

*Mind Body Solutions is a nonprofit 501(c)(3)
with a mission to transform trauma, loss and
disability into hope and potential by awakening
the connection between mind and body.*