



NEW YORK STATE SENATOR

Thomas F. O'Mara

Breast Cancer Coalition of Rochester offers free, Gentle Yoga Class for Bath-area cancer survivors ~ Read more, register

THOMAS F. O'MARA May 16, 2016

| ISSUE: **WOMEN'S HEALTH**



This 4-week class, led by Yoga instructor Kate Drake (RYT/OTR), is limited to 12 survivors.

Advanced registration is required, so call the number below!

Call Tracy Brown, Regional Outreach Director for the Coalition, at 585-473-8177, or email tracy@bccr.org to learn more about this special program and to *reserve your spot!*

We appreciate the Coalition offering this opportunity for Bath-area survivors to participate in these yoga sessions which are designed to help reduce stress, fatigue and pain.

Bath, N.Y., May 16—State Senator Tom O'Mara (R,C,I-Big Flats) today reminded breast and gynecological cancer survivors in the Bath (Steuben County) area that the Breast Cancer Coalition of Rochester (BCCR) is offering a free, four-week Gentle Yoga Class beginning on Monday, June 6, 2016.

“The Breast Cancer Coalition of Rochester is an active and welcome source of support for cancer survivors and their families across our region,” said O’Mara. “We appreciate the Coalition offering this opportunity for Bath-area survivors to participate in these yoga sessions which are designed to help reduce stress, fatigue and pain.”

Beginning on June 6, the classes will be held on four consecutive Mondays through Monday, June 27. The sessions are scheduled from 6:00 p.m. to 7:15 p.m. at St. Mary’s Roman Catholic Church (O’Malley Hall) on 32 East Morris Street in Bath. The classes are led by Yoga instructor Kate Drake (RYT/OTR).

According to the Coalition, “This class will use guided meditation, breath work, gentle movements, therapeutic poses, and music. Focus will be on reducing stress, fatigue, and pain, and finding creativity in movements within a safe environment.”

The sessions are limited to 12 participants and advance registration is required. To request more information or to register, contact Tracy Brown, BCCR Regional Outreach Director, by calling 585-473-8177 (ext. 310) or by emailing tracy@bccr.org.

Additional information can also be found on BCCR’s website: <http://bccr.org/2016/05/june-2016-gentle-yoga-bath-ny/>