



NEW YORK STATE SENATOR

Thomas F. O'Mara

Breast Cancer Coalition of Rochester offers free, gentle Yoga class for Hornell-area cancer survivors: O'Mara issues reminder to interested participants

THOMAS F. O'MARA July 13, 2017

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The Breast Cancer Coalition of Rochester is an active and welcome source of support for cancer survivors and their families across our region.

**Hornell, N.Y., July 13**—State Senator Tom O'Mara (R,C,I-Big Flats) today reminded breast and gynecological cancer survivors in the Hornell (Steuben County) area that the Breast Cancer Coalition of Rochester (BCCR) is offering a free, four-week Gentle Yoga Class beginning on

Monday, August 7, 2017.

“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 Hornell-area survivors to participate in these yoga sessions designed to help reduce stress, fatigue, and pain.”

Beginning on August 7, the classes will be held on four consecutive Mondays through Monday, August 28. Each session will run from 6:00 p.m. to 7:15 p.m. at United Presbyterian Church on 150 Main Street in Hornell. Yoga instructor Kate Drake (RYT/OTR) leads the classes.

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’s Regional Programs & Outreach Director, by calling 585-473-8177 or by emailing [tracy@bccr.org](mailto:tracy@bccr.org).

Additional information is also available on **BCCR’s website**.