



NEW YORK STATE SENATOR  
Thomas F. O'Mara

## O'Mara: Breast Cancer Coalition of Rochester offering free, gentle Yoga class for Hornell-area cancer survivors

THOMAS F. O'MARA September 12, 2017

| ISSUE: **WOMEN'S HEALTH**



**Breast Cancer Coalition**

is pleased to offer a  
free 6-week Gentle Yoga class  
for breast or  
gynecologic  
cancer survivors

**Tuesday evenings**  
Sept. 26 - Nov. 7, 2017  
6:00 - 7:15pm  
*No class on Oct. 10!*

**United Presbyterian Church**  
150 Main Street  
Hornell, NY

**Call the Coalition at  
585-473-8177  
to register!**



Photo courtesy: United Presbyterian Church



This 6-week class, led by Yoga instructor  
Cecilia Beach (RYT), is limited to  
12 survivors.

*Advanced registration is required, so call  
the number below!*

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



**Breast Cancer Coalition** 1048 University Avenue, Rochester, NY 14607  
Phone: 585-473-8177 • Website: [www.bccr.org/category/regional/](http://www.bccr.org/category/regional/)

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.

**Hornell, N.Y., September 12**—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 Tuesday, September 26, 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 September 26, the classes will run for six consecutive Tuesdays through Tuesday, November 7 (no class on October 10). Each session goes from 6:00 p.m. to 7:15 p.m. at United Presbyterian Church on 150 Main Street in Hornell. Yoga instructor Cecilia Beach (RYT) 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, **<http://bccr.org/>**.