



Yoga: Is it for Me?

Patient and Family Education and Support Webinar

Thursday, June 20, 2024

3:00 p.m. - 4:00 p.m.

Guest Speaker:



Tiffany Skomro, CYA-RYT 350, Yoga Instructor, Wellness Institute

Tiffany is a Canadian Yoga Alliance certified yoga teacher, specializing in Yin Yoga, Restorative Yoga and Yoga Thrive (for people living with and beyond cancer).

Learn about:

- What is yoga
- How yoga can help
- Gentle movements you can do

This session will be offered online through Zoom.

To register, visit <https://tinyurl.com/2ab5emp> or call
CancerCare Manitoba 204-787-2970 or 1-866-561-1026