

# St. Vincent's Free Yoga Classes for Cancer Patients & Survivors

Sponsored by St. Vincent's SWIM Across the Sound, the free Yoga program is open to cancer survivors undergoing active treatment, as well as those who have completed treatments. If you have recently been diagnosed with cancer, Yoga can help to prepare you mentally, physically, and spiritually for upcoming surgery, chemotherapy and radiation.

Yoga has been practiced for thousands of years to improve physical and emotional well-being. Research on yoga conducted with cancer patients and survivors yielded improvements in sleep quality, mood, stress, cancer-related distress, cancer-related symptoms and overall quality of life.

**Patients in Active Treatment or Post-Surgery - Tuesdays at 10AM to 11AM**  
Restorative Yoga - gentle yoga with breathing & meditation

**Cancer Survivors - Wednesdays at 4:30PM to 5:30PM OR 6PM to 7PM**

**Classes are held at**  
**The Club at The Watermark**  
3030 Park Avenue, Bridgeport, CT

Parking lot entrance is on Westfield Ave.

The Club is on the Lower Level in the back of the building. Turn left directly after the guard gait.

Certified Yoga Instructor and Cancer Survivor: Susan N. Kiley

To register, contact:  
Teresa Money McLaughlin, RN, MSN, AOCN  
203/576-6158 or [tmclaugh@stvincents.org](mailto:tmclaugh@stvincents.org)

*Class sizes are limited*



THE WATERMARK  
AT 3030 PARK

