

Gentle Yoga

AT MOFFITT CANCER CENTER

The Benefits of Yoga

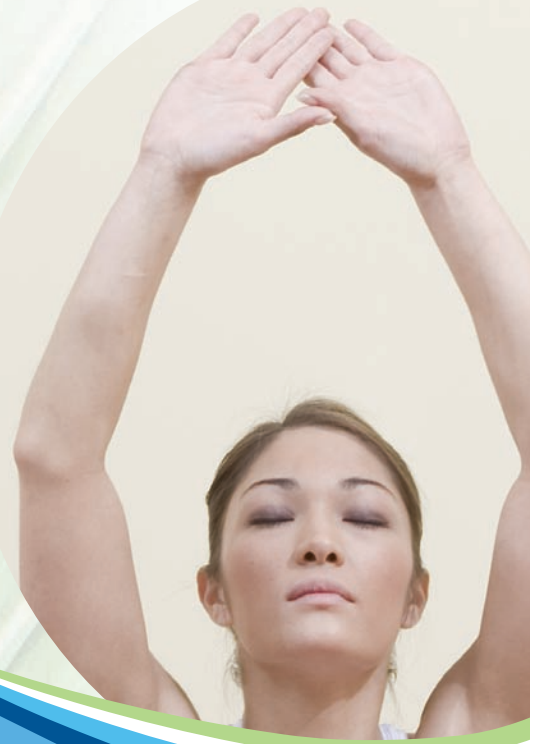
YOGA CAN REDUCE:

- Pain
- Fatigue
- Stress
- Anxiety
- Tension
- Worry

YOGA CAN IMPROVE:

- Relaxation
- Sleep
- Energy
- Mood
- Flexibility
- Strength
- Concentration
- Body Image Difficulties
- Balance
- Immune Function
- Quality of Life

Enhancing the lives of patients and families



CLASSES AVAILABLE DAILY

For a current schedule, more information, or questions, call the Integrative Medicine Clinic at 813-745-4630 or e-mail us at Wellness@MOFFITT.org