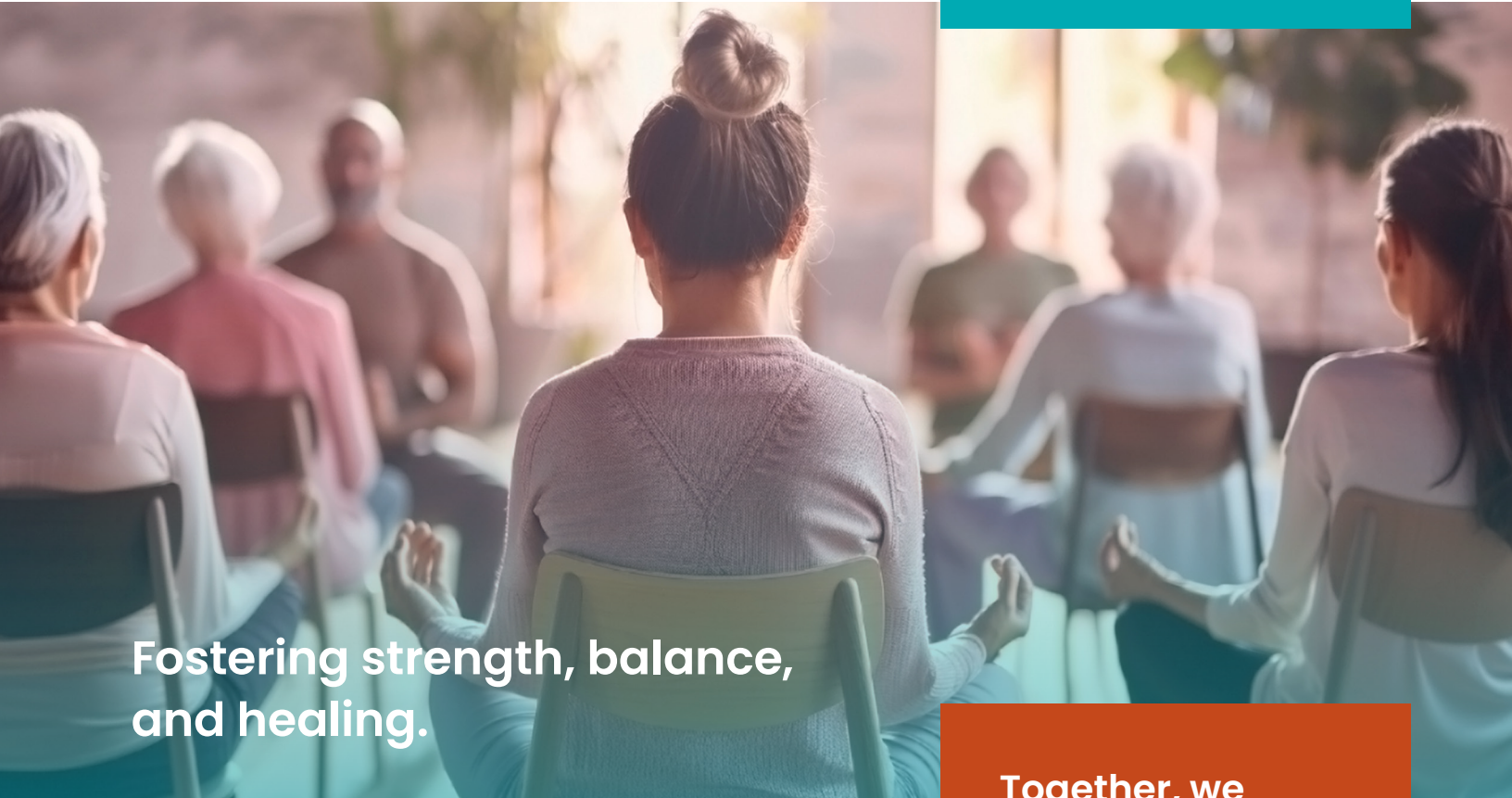


Gentle Flow

Chair Yoga for Cancer Wellness



Hope for every journey



Fostering strength, balance,
and healing.

Join the Cancer Foundation for New Mexico's **Gentle Flow: Chair Yoga for Cancer Wellness**, designed to help cancer patients improve balance flexibility, and overall well-being in a supportive environment.

Dates: *New dates announced soon*

Day: **Tuesdays**

Time: *To be determined*

Location: **2009 Botolph Road, Suite 100
Santa Fe, NM 87505**

This gentle, guided chair yoga practice is tailored for individuals undergoing or recovering from cancer treatment. No prior yoga experience is necessary.

Led by **Katherine Lautenbach**, *Cancer Survivor
& Professional Yoga Instructor*

**Together, we
make a difference.**

The mission of the Cancer Foundation for New Mexico is to help the people of northern New Mexico navigate their cancer journey with hope, dignity, and needed support.

**For more information & to
register please contact:**

Caroline Owen
Patient Services and
Volunteer Coordinator

(505) 955-7931 x 403
caroline@cffnm.org

CFFNM.ORG