



Cancer Wellness at Piedmont Newnan Hospital

Join yoga instructor, Shena Hernandez, 500 RYT, YACEP, CPF for a gentle yoga practice on Tuesdays & Thursdays at 5:30 p.m via ZOOM!

This gentle yoga class will focus on sharing the many benefits of yoga through mindfulness practices, breathing exercises, and gentle standing and/or seated poses. Modifications are given to help facilitate a relaxing experience for everyone.

Class is Accessible at zoom.us/join
meeting ID: 666 585 7797, passcode: 100916

For a calendar invite to be emailed to you, or should you have questions, please feel free to contact Shena@getbentyoga.org



At Piedmont, we treat the patient

- **not just the disease.** Because cancer treatment involves more than medical care, we recognize the needs of patients and their loved ones. As a part of our purpose to make a positive difference in every life we touch, we offer free programs and services to anyone affected by cancer regardless of where they have received their cancer care.



THOMAS F. CHAPMAN FAMILY
cancer wellness