



**Making Strides Against Breast Cancer  
and**



Invite you to join us for our Gentle Yoga Gathering for Breast Cancer Recovery

Saturday, September 10  
or  
Saturday, September 24

9:30 AM to 11:00 AM

with Sharon Green at

BLOOM YOGA AND WELLNESS  
123 Union Ave., Suite 104  
Altoona, PA 16602

\$20 contribution, with 100% of your contribution  
to benefit Making Strides of Central PA

If you think you can't do yoga, all the more reason to join us for this special retreat. Discover how breathing, movement and relaxation techniques can help reduce side effects and improve navigating life.

Come for sharing, peace, kindness, healing and FUN!

Snacks and Friendship will be available after the scheduled retreat for those interested.

Contact Linda Hinton for your reservation at:  
814-330-3355 or [linda.msabc@breezeline.net](mailto:linda.msabc@breezeline.net)