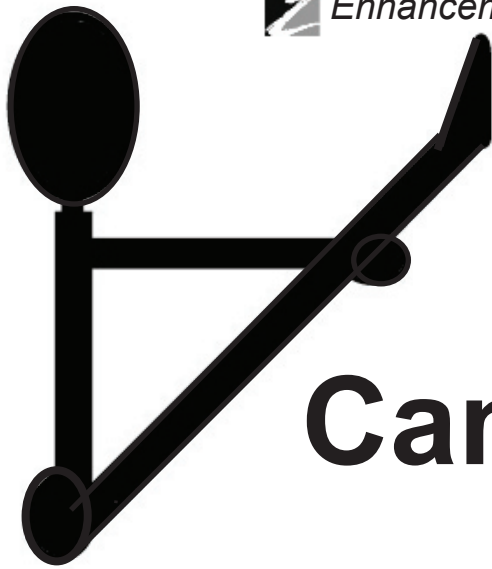


 Enhancement, Inc. & SLO County Parks announce



**FREE**  
**YOGA** *for*  
**Cancer Survivors**  
*with Shoosh*

Newly diagnosed or 30 years out, all cancer survivors\* are invited to attend this specialized yoga class that will offer gentle stretches, breathing, relaxation techniques and tools to help improve your quality of life. Family members, caregivers, loved ones are also welcome.

*(\*Please check with your doctor if you are undergoing treatment or are under medical care.)*

**WEDNESDAYS • 4 - 5:00 P.M.**

***(No Classes on 9/22 and 9/27) (all levels welcome)***

**Instructor:** Shoosh Crotzer has been a yoga therapist and instructor for more than 36 years. Her emphasis is on teaching people with special needs, and she has designed this class specifically for cancer survivors. She brings a sense of humor and experience to her classes! Come and see for yourself how good you'll feel!

**SLO Veteran's Memorial Building**

801 Grand Avenue, SLO

**MATS ARE PROVIDED**

*(but bring your own mat or a towel if concerned about bacteria)*

For information call Shoosh at 772-3560 or Stacey at 781-5930