



NEW YORK STATE SENATOR

Thomas F. O'Mara

Breast Cancer Coalition of Rochester offering free gentle yoga class for Bath-area cancer survivors: Find out more and register

THOMAS F. O'MARA May 5, 2017

| ISSUE: **BREAST CANCER**



The Breast Cancer Coalition of Rochester is an active and welcome source of support for cancer survivors and their families across our region.

Bath, N.Y., May 8—State Senator Tom O'Mara (R,C,I-Big Flats) today reminded breast and gynecological cancer survivors in the Bath and Hammondsport (Steuben County) area that the **Breast Cancer Coalition of Rochester (BCCR)** is offering a free, five-week Gentle Yoga Class beginning on Monday, May 22, 2017.

“The Breast Cancer Coalition of Rochester is an active and welcome source of support for cancer survivors and their families across our region,” said O’Mara. “We appreciate the Coalition offering this opportunity for Bath-area survivors to participate in these yoga sessions which are designed to help reduce stress, fatigue and pain.”

Beginning on May 22, the classes will be held on five consecutive Mondays through Monday, June 26. The sessions will be held from 10:30 a.m. to 11:45 a.m. at the Fred & Harriet Taylor Memorial Library (downstairs Community Room) on 21 William Street in Hammondsport. The classes are led by Yoga instructor Nicole Stumpf (RYT).

The sessions are limited to 12 participants and advance registration is required. To request more information or to register, contact Tracy Brown, BCCR Regional Outreach Director, by calling 585-473-8177 or by emailing tracy@bccr.org.