



NEW YORK STATE SENATOR

Thomas F. O'Mara

Breast Cancer Coalition of Rochester offering free, Gentle Yoga classes on Saturday mornings for Hornell-area cancer survivors

THOMAS F. O'MARA February 2, 2018

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

Hornell, N.Y., February 2—State Senator Tom O'Mara (R,C,I-Big Flats) today announced to breast or gynecological cancer survivors in the Hornell (Steuben County) area that the Breast Cancer Coalition of Rochester (BCCR) is offering a free, six-week Gentle Yoga Class beginning on Saturday, February 24, 2018.

The class will run for six consecutive Saturdays through Saturday, March 31. Each session goes from 10:30 a.m. to 11:45 a.m. at the United Presbyterian Church (Assembly Room) on 150 Main Street in Hornell. Yoga instructor Cecilia Beach (RYT) conducts the classes.

“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 Hornell-area survivors to participate in these yoga sessions designed to help reduce stress, fatigue, and pain.”

According to the Coalition, “This class will use guided meditation, breath work, gentle movements, therapeutic poses, and music. Focus will be on reducing stress, fatigue, and pain, and finding creativity in movements within a safe environment.”

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

Additional information is also available on BCCR’s website at: <http://bccr.org/2018/02/feb-2018-gentle-yoga-hornell-ny/>.