



**DALHOUSIE
UNIVERSITY**

Inspiring Minds

Version 3
January 27, 2014



Capital Health



**KEEP
CALM
AND
YOGA
ON**

IF YOU ARE...

- Between 15-39 years of age**
- Diagnosed with an advanced cancer**
- And are looking to stretch out your stress...**

YOU MAY QUALIFY FOR A YOGA STUDY!

We are offering a 7-week program examining how yoga can improve quality of life in young adults with advanced cancer.

If you are interested and would like more information, please contact **Hillary Woodside** at (902) 494-2579 or by email at hillarywoodside@dal.ca.