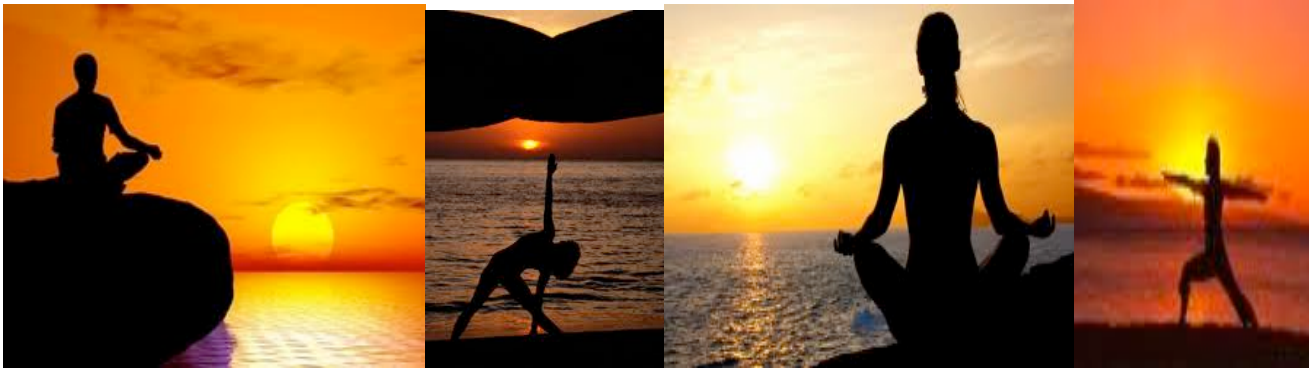


# Do you want to try yoga?



*Have you ever wanted to explore what the ancient practice of yoga has to offer?*

If you are...

- ✓ 18 to 65 years of age, and
- ✓ Provide care\* to a partner/spouse, family member, friend, or loved one who has been diagnosed with cancer (from the time of cancer discovery throughout the balance of life; before, during, or after treatment).

You may qualify for a yoga based research study starting in January 2012.

We are conducting a 6-week study that will explore how yoga affects the quality of life of key caregivers (support persons) of individuals who have cancer.

Participants will be encouraged to attend as many of the 12 yoga sessions offered over the 6-week period as possible.

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**Want to know more? Please contact Andi Céline Martin at [andicelinemartin@dal.ca](mailto:andicelinemartin@dal.ca) or (902) 488-9775.**

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\* Providing care (or caregiving) for a person who has been diagnosed with cancer refers to providing any physical, emotional, financial, social, and/or personal care/support (e.g., by caring for someone who has cancer at home, visiting someone in the hospital, phoning a friend or family member regularly to check in on them).