



yoga

for Breast Cancer Survivors

These yoga classes are designed specifically for patients who have been diagnosed and treated for breast cancer. They are free to survivors and will be offered weekly. The classes are taught by certified yoga instructors, Meredith "Mimi" Ludden and Bettina Eklund.


WHEN: Tuesdays, 4 p.m. - 5 p.m.
Fridays, 1:30 p.m. - 2:30 p.m.

WHERE: Lovelace Women's Hospital Outpatient Rehabilitation
4600 Montgomery Blvd. NE
2nd floor conference room
Albuquerque, NM 87109

**Located across the street from Lovelace Women's Hospital*

This all-levels class is appropriate for patients who have been diagnosed with breast cancer. The focus of the class is on stretching and strengthening with special attention to areas affected by treatment for breast cancer. If you have any questions about whether this class is right for you, please talk to your medical provider, and feel free to call us to discuss your concerns.

Please bring a yoga mat if you have one; a limited number of loaner mats will be available.



**NO RSVP IS REQUIRED,
BUT PLEASE CALL 727.6933
BEFORE YOUR FIRST CLASS
TO ENSURE THAT CLASS TIMES AND
LOCATIONS HAVEN'T CHANGED.**



Lovelace
Women's Hospital
Breast Care Center