

*The Gathering Place programs and services are for those actively dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects from treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer.*

**The Gathering Place East (TGP East) Blue:** *The Arnold & Sydell Miller Family Campus • 23300 Commerce Park • Beachwood, OH 44122*

**The Gathering Place Wellness Center (WC) Orange:** *23295 Commerce Park • Beachwood, OH 44122*

**The Gathering Place West (TGP West) Green:** *800 Sharon Drive, Westlake, OH 44145* **Off-Site Programs (O) Red**

## GENTLE MOVEMENT

*Tai chi and yoga classes are for those currently dealing with cancer in their daily lives. This includes those in treatment, those who are coping with the physical and/or emotional side effects of treatment, those who are actively supporting someone with cancer, or someone who is grieving the recent loss of a loved one from cancer. Advance registration with [Betsy Kohn \(East\)](#) or [Susan Marinac \(West\)](#) required.*

### **\*Tai Chi**

Focus on wellness and what you can do to boost your energy, open up and release tension. Movements are done in a standing and seated position and you may sit at anytime. Tai chi increases leg strength, balance and flexibility. *Advance registration with [Betsy Kohn \(East\)](#) or [Susan Marinac \(West\)](#) required.*

**TGP East:** *Wednesdays, 2:00-3:15pm, Susan Cady*

*Thursdays, 11:00am-12:15pm, Charlene Nevans*

**TGP West:** *Thursdays, 6:30-7:45pm, Michael Stadul*

### **\*Yoga**

A gentle restorative exercise that helps increase energy and improve muscle tone and flexibility. Anyone can experience the soothing effect of yoga movements. *For hygiene purposes, please bring your own mat to yoga classes. We will have a few available for first timers.*

*Advance registration with [Betsy Kohn \(East\)](#) or [Susan Marinac \(West\)](#) required.*

#### **TGP East: Transitions Class:**

*Mondays, 6:30-7:45pm, Nancy Burgard*

*Fridays, 11:00am-12:15pm, Dympna Ferrante*

#### **Foundations Class:**

*Tuesdays, 11:00am-12:15pm, Dympna Ferrante*

*Thursdays, 6:30-7:45pm, Nancy Burgard*

**TGP West:** *Tuesdays, 6:30-7:45pm & Thursdays, 12:00-1:15pm, Nancy Burgard*