

Therapeutic Yoga for cancer survivors...Yoga for your well being.



Therapeutic Yoga uses the principles of Yoga to relieve stress and promote recovery of injury and illness. Please bring your own water bottle, towel, and a mat or blanket. If you wish to use yoga straps, please bring those as well.

For more information, contact Logan Sinnett at 847.535.7095 or email lsinnett@nmhfc.com.
Contact Noelle Mack at 847.535.7441 or email noelle.mack@nm.org.

Lake Forest Health and Fitness Center

1200 N. Westmoreland Road,
Lake Forest, IL 60045

Location

Mind/Body Studio

Date and Time

Fridays, 12:30 - 1:30 pm

Northwestern Medicine Grayslake Outpatient

1474 E. Belvidere Road,
Grayslake, IL 60030

Location

Mallard/Heron Rooms in Conference Center
in Pavilion B

Date and Time

Thursdays, 6:00 pm - 7:15 pm

Northwestern Medicine Lake Forest Health & Fitness Center

1200 North Westmoreland Road
Lake Forest, Illinois 60045
847.535.7064

lakeforesthfc.com

