Northwestern Medicine®
Lake Forest Health & Fitness Center

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.

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

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.

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