

Legacy Health

NIA BODY MIND FITNESS CLASS FOR INDIVIDUALS WITH CANCER at Legacy Good Samaritan Medical Center

January-June 2011



Nia is a low impact aerobic practice, which develops awareness, focus, flexibility, balance, confidence, strength, energy, playfulness and connectedness. Participants will gain cardiovascular fitness and learn to move with more comfort and ease. Participants will learn to utilize the core strength of their bodies to create a framework of self-support, health and expression of self. The class draws from a variety of mind/body movement practices including T'ai Chi, Modern Dance and Yoga to facilitate a positive change in people's lives. All levels of fitness are welcome.

DATE/TIME	Tuesdays 10-11am Nia Studio Thursday 10-11am Breast Health Center Classroom
INSTRUCTOR	Barbara Meyer, PhD, Fitness Instructor, Nia Brown Belt
LOCATION	Legacy Good Samaritan Medical Center Medical Building #2, Lower Level Breast Health Center Classroom 1040 NW 22 nd Avenue, Portland, OR 97210 Parking is available in Parking Garage #2. Enter garage between NW 21 st and NW 22 nd Avenues on NW Marshall.
INFORMATION	Call Selma Annala, RT, CLC, at 503-413-7284

- Registration required (forms may be picked up at class). Space is limited. FREE.
- Physician release is required (forms may be picked up at class).
- Please check our website www.legacyhealth.org for updated information about Legacy's Support Groups, or **for more information, call 503-413-7284.**

Note: If schools in the area are closed due to inclement weather, the class will be canceled.

