



This **free** program is for all types of cancer survivors and their caregivers to be empowered to thrive in **MIND, BODY and SPIRIT.**

JULY 27, 2011

Van Wert County Hospital
Meet at the entrance
11:00 am



FEATURED SPEAKER:

Anne Dunn
Van Wert Hospital Wellness Center

Anne will demonstrate various stretches and **basic** Tai Chi poses

Come and learn how to "**Strengthen from Within.**"

Perfect for people of all ages and athletic ability, regardless of where you are in your cancer journey.

Class will be outdoors so dress comfortable and light!

If you have questions, please feel free to contact Natalie Koester at 419.238.8686