

# Cancer Educational Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.



*Tammy Bernard, MEd, C-JAYT, E-RYT*

Tammy Bernard has been an integrative therapies practitioner at UF Health Shands Hospital since 2010. As a certified yoga therapist, she offers a variety of programs to patients, caregivers, health care professionals and community members. Tammy has extensive training in mind-body medicine and has completed the Mindfulness-Based Stress Reduction, or MBSR, Program for health care professionals. She has received advanced training in yoga for cancer care. Much of her work at UF Health is done bedside with oncology and heart and lung transplant patients, providing them with resources for enhanced coping and symptom management. Tammy is also passionately engaged in research to validate the efficacy of the complementary approach of integrative therapies.

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## **The Wisdom of Gentle Yoga for Self-care**

**Monday, February 22, 2021**

**1:30 to 2:30 p.m.**

***Free online class series***

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**This one-hour workshop will explore the practice of yoga as a self-care resource and nonpharmacologic approach to managing common symptoms associated with cancer and cancer treatments.**

Participants will learn about yoga and its benefits through lecture and observed practices. Participants will leave with new tools for reducing stress and enhancing well-being.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

**This month, the Cancer Educational Wellness Series presentation will be available ONLINE ONLY.**  
Visit [UFHealth.org/cancer-educational-wellness-series](https://UFHealth.org/cancer-educational-wellness-series) for more information and to join the class via Zoom.



**Palliative Care**

**For more information, please contact Chris Morgan at 352.273.5769 or email at [christopher.morgan@medicine.ufl.edu](mailto:christopher.morgan@medicine.ufl.edu).**