



YOGA AND MEDITATION CLASS FOR GYNECOLOGIC CANCER SURVIVORS

YOGA, MINDFULNESS AND
MEDITATION CAN HELP
MANAGE CANCER
TREATMENT SIDE EFFECTS
INCLUDING FATIGUE, PAIN,
NEUROPATHY, BRAIN FOG,
AND MENOPAUSAL
SYMPTOMS SUCH AS HOT
FLASHES.

THESE PRACTICES CAN
ALSO IMPROVE MOOD AND
DECREASE ANXIETY,
DEPRESSION AND
DIFFICULTY SLEEPING.

YOGA & MEDITATION FOR GYNECOLOGIC CANCER SURVIVORS

CLASS INFORMATION:

Date: Every Thursday

Place: Zoom

Time: 12:00 pm

Class time: 45 minutes

Teacher: Rachel Frankenthal, certified yoga instructor
and UCLA Gyn Onc PA-C

*All levels encouraged to join. No previous experience
required. For registration, please email*

UCLAGynCancerSurvivors@mednet.ucla.edu.

If you are interested in
participating in class,
please email
UCLAGynCancerSurvivors
@mednet.ucla.edu