

VOLUNTEER APPRECIATION

Lisa Roberts



Lisa Roberts, RYT, RCYT, owner of Yo Yo Yoga Therapy, volunteers at Cancer Support Community facilitating yoga with children and families. She has authored two yoga children's books and has created and published teaching tools as well as a published blog that is updated weekly with fresh kid's yoga ideas/activities.

At present, Lisa teaches yoga at Children's Hospital and works with many youth undergoing medical treatments. She also teaches privately, mainly special needs and differently abled kiddos. Lisa runs a training program teaching parents and pediatric professionals how to teach yoga to children.

Lisa has volunteered with Families Connect for 3 years. She facilitates sessions for children and their parents impacted by cancer. Lisa also facilitated a Breathing Technique and Meditation workshop for families. She believes that persons, children or adults, should have fun and enjoy being a part of the yoga movements.

Lisa really appreciates being involved with the Cancer Support Community. She sees CSC as a space of comfort for clients, along with being a place of support and well-being for the whole family, the whole time.

CSC is truly grateful for the generosity Lisa shares with the Families Connect Program.

If you are interested in volunteering, please contact our Volunteer Coordinator, Gabby Fish at 314-238-2000 or email her at gfish@cancersupportstl.org

MIND/BODY/SPIRIT CLASSES

Please note: For the safety of everyone, if you are attending a CSC movement class please arrive promptly at designated class start time (or earlier if possible). Thank you!

The Practice of Qigong Fridays • 11:00 AM – NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in – no experience necessary. Comfortable clothing and physician approval recommended. *Thank you to Sue Ashwell, Harrison Beard, and Riki Howard for the gift of this class.*

Zumba! Fridays • 9:30 – 10:30 AM This aerobic dance offering is guaranteed to bust through any blues! Lively, contemporary music gets the energy rocking as you learn a variety of dance moves from various cultures. Take it slow or shake your booty, but join us for this program of fun and fitness!

Yoga (see yoga listing below for times and locations) Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension. These classes are for any of our members at any level of performance and physical condition. Drop in-no reservation necessary.

Pilates Mat • Call CSC at 238-2000 for days and time This class introduces a series of floor exercises designed to create uniform development, long, lean muscles, core strength, and breath control. *Thank you to Natalie Sutto for the gift of this class.*

Country Line Dancing Thursdays • 2:30 – 3:30 PM Line dancing can give you a great mind-body workout. This dance requires you to remember dance steps and sequences, boosting brain power by improving memory skills. *Thank you Nancy Larson, BSN, RN, OCN for the gift of this class.*

YOGA LOCATIONS:

Cancer Support Community

1058 Old Des Peres Rd. • St. Louis, MO 63131

Tuesdays • 11:00 AM – NOON

Wednesdays • 9:30 – 10:30 AM & 5:15 – 6:15 PM

SLU Cancer Center *Free parking for yoga attendees.*

Sponsored by St. Louis University Cancer Center
3655 Vista • St Louis MO 63110 • 314-268-7015



Fridays • NOON – 1:00 PM

CANCER EXPERIENCE REGISTRY

Participating is easy. There are only two steps:

1. Visit www.CancerExperienceRegistry.org to sign up for the Cancer Experience Registry
2. Answer a set of survey questions and provide updates on a yearly basis

Help change the cancer experience for the millions of people who live with cancer every day. Encourage people you know who have been diagnosed with cancer to register now at www.CancerExperienceRegistry.org.

Together, we can make a difference!