

# YOGA MATTERS

ON

OCTOBER 1ST, 2010

6:00-7:15PM

Yoga for Life Studio

1410 West Morehead Suite 200

Charlotte, NC 28203

CAROLINA BREAST FRIENDS

1607 East Morehead Street

Charlotte, NC



**Carolina Breast Friends** is a local nonprofit organization that creates a positive environment for women with breast cancer by providing education, encouragement and friendship. The CBF Pink house (recently purchased) will become a place for women diagnosed with breast cancer (during any stage of their journey) for education, encouragement, and friendship. The Pink House will provide breast cancer survivors with wellness education, a research center, healing garden, fitness center, nutrition programs, self-image services, arts and crafts workshop, social activities, and counseling services.

Yoga Matters is a yoga class established at Yoga for Life studio (1<sup>st</sup> and 3<sup>rd</sup> Friday of the month) to support and assist the nonprofit groups in our community. The yoga class is donation based only and the proceeds will support the mission of Carolina Breast Friends. If you are planning on participating in the Charlotte Komen Race for the Cure (October 2<sup>nd</sup>) this will be a great class to come stretch those legs!