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FOR IMMEDIATE RELEASE

NEW EXCELA BEREAVEMENT CLASS PAIRS YOGA WITH CANCER LOSS

GREENSBURG, PA, February 13, 2018... A new six-week bereavement group facilitated by Excelsa Health bereavement counselors and staff from Our Clubhouse will use yoga and art therapy to help comfort those who have lost loved ones to cancer.

Yoga for the Grieving Heart combines gentle yoga poses, meditation, Reiki, dialogue and art therapy as mediums in which to express and release grief. The class meets 4 to 6 p.m., Thursdays, March 8 through April 12, Our Clubhouse, 4893 Route 30 East, Greensburg.

The class is intended to teach individuals alternative ways to cope with grief in their day-to-day lives. Director of Our Clubhouse, Christine Sumner, is a certified yoga instructor. She and Excelsa bereavement counselor and art therapist Kristy Walter, will facilitate this pilot program.. No artistic ability or prior yoga experience is needed, just a desire to be creative and open to self-expression.

To learn more, contact Maureen Ceidro, Excelsa Health Home Care and Hospice, 724-689-1800.