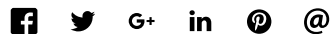




http://www.newburyportnews.com/news/lifestyles/health-beat-gentle-yoga-aimed-at-cancer-survivors/article_3599cc98-8042-54a1-ac47-6cfe3383023d.html

Health Beat: Gentle yoga aimed at cancer survivors

Health Beat Jan 6, 2017



Two local yoga centers are offering special sessions for cancer patients and survivors.

“Yoga Hope for Cancer Patients” will take place this Saturday from 2 to 4 p.m. at the Yoga Center of Newburyport.

Those who are newly diagnosed, in treatment or in recovery are invited to the wellness workshop, led by two-time breast cancer survivor Rose Russo. No prior yoga experience is required.

Participants will experience relaxation breathing, gentle movement, imagery and meditation, and flower essence and other forms of healing modalities.

Registration is required, and the cost is a suggested donation of \$10.

Call 978-465-2998 or email pathways-rose@comcast.net.

Yoga Center is located at 12 Maple St.

“Honoring Your Body and Spirit After Cancer” is offered on the second Sunday of every month at Roots to Wings Yoga & Healing Center.

The workshops include gentle, mindful stretching and supported restorative poses. No prior yoga experience is necessary.

Sessions will take place from 3 to 4:30 p.m., and the fee is by donation. They are led by Arleen Damon and Anne Mills, both breast cancer survivors.

For more information or to register, call 978-985-4166 or email arleendamon@gmail.com.

Roots to Wings is located at 76 Newburyport Turnpike, Route 1, Newbury.

Helping caregivers cope with dementia

An Alzheimer's disease expert will give a talk next week on “Taking Care of Yourself, While Taking Care of a Loved One With Dementia.”

Meg Curtis, a certified dementia practitioner, has made it her mission to be an advocate since her husband, Skip, died from Alzheimer's in 2010. She will speak at 5:30 p.m., following a 5 p.m. reception., at Avita of Newburyport.

Additionally, a free support and information group for local caregivers of people with Alzheimer's disease or other types of dementia meets Tuesday night at Avita.

Meetings are held on the second Tuesday of every month from 6 to 7:30 p.m. and are led by Debra Shapiro, the program director at Avita.

Avita is an assisted-living community located at 4 Wallace Bashaw Jr. Way.

For more information or to RSVP to either event, call 978-225-7000 or email reception@avitaofnewburyport.com.

Author to discuss his book on medicine

Local holistic practitioner, author and Daily News columnist Bob Keller will give a presentation on Wednesday at 7 p.m. at the Newburyport Senior Community Center.

Keller will discuss his new book, "Making Sense of Medicine: Medical Matters Made Simple," in an interactive show-and-tell.

He will expand upon topics covered in the book, talking about how human beings came to be, how your mind and body work, and what to do when they don't work.

The center is located at 331 High St.

Local communities host blood drives

Blood drives scheduled for this month in the Greater Newburyport region include:

Seabrook: Monday, Jan. 16, 1 to 6 p.m., Trinity United Church, 29 Main St.; Saturday, Jan. 28, 9 a.m. to 2 p.m., Sam's Club, 11 Batchelder Road.

Newburyport: Monday, Jan. 23, 2 to 7 p.m., Elks Lodge, 25 Low St.

South Hampton: Monday, Jan. 23, 1 to 6 p.m., South Hampton Town Hall, 3 Hilldale Ave.

Amesbury: Tuesday, Jan. 31, 2 to 7 p.m., Sparhawk Theatre and Centre for the Arts, 196 Main St.

Individuals who are 17 years old (16 with parental permission), weigh at least 110 pounds and are in generally good health may be eligible to donate blood.

For more information or to make an appointment, call 800-REDCROSS, visit www.redcrossblood.org or download the Red Cross blood donor app.

Scleroderma support group meets monthly

The Scleroderma Foundation's New England Chapter hosts a North Shore support group on the second Wednesday of every month in Topsfield.

Anyone who has been diagnosed with scleroderma or has a loved one who has been diagnosed is welcome to attend the meetings, which take place from 11 a.m. to 1 p.m. at the chapter office, 462 Boston St., Suite 1, 1st floor, Topsfield.

Refreshments will be served, and attendees are invited to bring their own lunches. The building is handicapped-accessible.

For more information, call 888-525-0658.

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If you have an item for Health Beat, contact Ann Reily at 978-961-3154 or areily@newburyportnews.com.

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This Week's Circulars

Newburyport News Events

- THU 12** **Somerville Symphony Orkestar**
The Press Room | Portsmouth, NH
 - JAN 11** **\$13.99 Surf and turf**
Michael's Harbors... | Newburyport, MA
 - JAN 11** **Mother Goose on the Loose Babyt...**
Amesbury Public Li... | Amesbury, MA
 - JAN 11** **WEDNESDAY MORNING BIRDING**
Joppa Flats Educat... | Newburyport, MA
- | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|
| | WED | THU | FRI | SAT | SUN | MON |
| | 11 | 12 | 13 | 14 | 15 | 16 |

