

yoga4cancer

"Cancer steals your breath. Yoga gives it back."™ – Tari Prinster

Free weekly yoga classes at Hartford HealthCare

If you are a patient at the Hartford HealthCare Cancer Institute at Hartford Hospital, or a patient with a musculoskeletal condition and a cancer history being seen through the Hartford HealthCare Bone & Joint Institute, enroll in a research study investigating the benefits of yoga on mobility and quality of life.

Yoga classes will be held at the Hartford HealthCare Bone & Joint Institute
Center for Musculoskeletal Health
Yoga & Fitness Studio
32 Seymour Street Hartford

Tuesday 6:00 pm – 7:30 pm
Thursday 9:30 am – 11:00 am

Enrollment in this Yoga study will require approval from your physician and a fitness level to participate in a weekly yoga class for 8 weeks, with a 12 week follow-up class. You will also be asked to document mobility and quality of life.

Call 860.972.4444 for more information.

With generous funding from the Tutu Project, Hartford HealthCare Cancer Institute & The Hartford HealthCare Bone & Joint Institute

yoga4cancer (y4c) is a research-based, specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. Because all yoga is not the same, finding the right yoga teacher is the best first step. **y4c** classes are always taught by certified **y4c** teacher. For more information, go to **y4c.com**.

To enroll in this **yoga4cancer (y4c)** study you must:

- Have your physician's approval
- Attend classes weekly
- Participate in yoga classes
- Be able to travel to classes
- Be over 18 years old
- Be willing to fill out questionnaires
- Be a current cancer patient
- Participants will be given free classes, expert instruction and yoga mats
- Be a cancer survivor
- Be a patient with a musculoskeletal condition and active cancer or a cancer survivor



Hartford HealthCare
Connect to healthier.™

DISCLAIMER: y4c programs are educational purposes and are not to be mistaken for long-term therapy or cure. It is recommended that you consult a physician or trusted counselor before you start any exercise programs. This program is not administered or monitored by Yoga 4 Cancer LLC. The provider is solely and fully responsible for all aspects of the program and class.

yoga4cancer

Pilot and Feasibility Study

Medical Clearance Form

Date: _____

Client's Name: _____

Physician's Name: _____

Client's Phone: _____

Physician's Phone: _____

Client's DOB: _____

Physician's Fax: _____

Dear Doctor _____

Your patient, _____, has requested to participate in yoga4cancer (y4c), a weekly yoga class held at Hartford HealthCare Bone & Joint Institute Center for Musculoskeletal Health Yoga & Fitness studio, 32 Seymour Street, Hartford, CT. As an active cancer patient, cancer survivor, or a patient with a musculoskeletal condition with a cancer history, participation in the y4c pilot and feasibility study will include: An assessment of the patients ability to perform 5 yoga poses (balance, flexibility & mobility), filling out 2 quality of life questionnaires and participation in weekly yoga (1x per week for 8 weeks with a 12 week follow-up). All "y4c" yoga classes will be administered by y4c trained instructors. This is a Hartford Hospital IRB-approved pilot and feasibility study.

By completing the form below, you are not assuming any responsibility for our administration of the y4c yoga pilot and feasibility study. If you know of any medical condition or other reasons why participation in the y4c yoga program would be unwise for your patient, please indicate so on this form.

If you have any questions regarding the y4c program, please call the y4c research investigator:

Research investigator: Eric R. Secor Jr, PhD, ND, MPH, MS, LAC

Phone: (860) 972-4444

email: Therapies.Integrative@hhchealth.org

Return Fax: (860) 545-4311

Physician's Report. My patient, listed above, is:

_____ Not cleared for yoga at this time

_____ Cleared to do weekly yoga with no restrictions

Physician's Name: _____

Physician's Signature: _____ Date: _____