

Englewood Hospital and Medical Center Offers

Free Yoga for Triple Negative Breast Cancer Patients

(Englewood, NJ, December 13, 2013) – Englewood Hospital and Medical Center (EHMC) will offer free, 10-week yoga courses to patients living with triple-negative breast cancer, beginning January 15, 2014. Classes will run every Wednesday, from 6:00pm-7:00pm, in Conference Rooms A & B at EHMC. The course will be led by a Certified Yoga Alliance Teacher with advanced training for instructing students with cancer.

This program is open to all triple-negative patients, regardless of where you are receiving medical treatment. Medical clearance from your physician and registration is required. Yoga mats, blankets, blocks, straps and bolsters will be provided.

“We are thrilled to have partnered with the Triple Negative Breast Cancer Foundation and Kula for Karma to provide triple-negative patients access to this free, year-long program which runs in 10-week sessions,” said Minaxi Jhaver, MD, hematologist-oncologist at EHMC. “We hope patients will enjoy the benefits of therapeutic yoga, breath work and meditation as a way to relieve stress and achieve a better overall sense of well-being. These classes are specifically designed for triple-negative patients, which truly aligns with our mission to provide individualized, humanistic care.”

The free program is made possible through a grant from the Triple Negative Breast Cancer Foundation® in conjunction with Kula for Karma and The Leslie Simon Breast Care Cytodiagnosis Center and The Center for Integrative Medicine at EHMC.

For more information or to register, call 1-866-980-3462 or visit www.EnglewoodHospital.com and click on the “Class & Event Registration” tab.

About Triple Negative Breast Cancer Foundation

The Triple Negative Breast Cancer Foundation was founded in 2006 in honor of Nancy Block-Zenna, a young woman who was diagnosed at age 35 with triple-negative breast cancer and died two and a half years later in 2007. In response to Nancy’s diagnosis, her close friends launched TNBCF. The Foundation’s mission is to be a credible source for triple negative breast cancer information, a catalyst for science and patient advocacy groups, and a caring community with meaningful services for patients and their families. For more information about TNBCF, visit www.tnbcfoundation.org.

About Kula for Karma

The seeds for Kula for Karma were planted in 2007 by Geri Topfer, a dedicated yogi, who was concerned about the many children in her surrounding communities whose lives were shaped by pain and suffering. Geri partnered with her friend, Penni Feiner, a yoga teacher, and Children’s Aid and Family Services of Bergen County, to develop Kula’s first therapeutic yoga program. Offering weekly yoga and meditation to two groups, one for 15 children aged 5-12 living in a group home, and the other for female at-risk teens living in another group home. Kula for Karma was on its way.

Since its inception in 2007, Kula for Karma has launched over 300 programs in the Tri-State area, touching the lives of over 3000 people. At the heart of Kula for Karma’s success has been a community of dedicated volunteers, including yoga instructors who are passionate about working with different client populations, as well as allied health professionals, business leaders, and many other supporters.