

# URBAN ZEN

INTEGRATIVE THERAPY  
PROGRAM



## OUR GIFT TO YOU

DEC.

4TH & 18TH  
10AM-5PM

**YOU CAN THRIVE!**

LOCATION:

95 University Place  
New York, NY 10003  
8th Floor

We're gifting two days of complimentary Urban Zen Integrative Therapy sessions to those in the breast cancer community here in New York. Integrative therapy sessions promote relaxation and healing and incorporate the Eastern healing modalities of yoga therapy, Reiki and essential oil therapy.

Please note: In celebration of the grand re-opening of the You Can Thrive! Integrative Survivorship Center at our new location, light refreshments will be served in the lobby area with aromatherapy gifts for the cancer concerned public.

Get into the spirit of giving this holiday by gifting yourself an integrative therapy session and/or passing this on to someone affected by breast cancer.

**RSVP**

917.463.4267 or email [info@youcanthrive.org](mailto:info@youcanthrive.org) and please leave your contact information



You Can Thrive! creates resources to alleviate the psychosocial and physical distress of breast cancer survivors especially those underinsured and financially strained demographics, by creating free and low-cost patient-centered educational and wellness programs to promote better health after breast cancer.

For more information on You Can Thrive! please visit [www.youcanthrive.org](http://www.youcanthrive.org)