

A monthly newsletter for gynecologic cancer survivors. This member's only newsletter will feature articles, stories, inspiration, events, recipes, & more written for survivors by survivors. Proudly published each month by GYNCA.

DID YOU KNOW.....

Yoga does more than burn calories & tone muscles. It's a total mind-body workout that combines strengthening & stretching poses with deep breathing & meditation or relaxation. The mind-body practice is frequently touted for its ability to reduce stress & boost well-being, but it also offers wide-ranging physical health benefits that rival other forms of exercise.



A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body & mind. Yoga postures, pranayama & meditation are effective techniques to release stress. We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us & we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga & meditation. Yoga is also one of the best ways to calm a disturbed mind.

Our system is a seamless blend of the body, mind & spirit. An irregularity in the body affects the mind & similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs & strengthens muscles; breathing techniques & meditation release stress & improve immunity.

Examples of different yoga forms include:

- **Anusara:** Lyengar with a sense of humor. Guided to express themselves through the poses to their fullest ability.
- **Ashtanga:** A series of poses, combined with a special breathing technique.
- **Bikram:** "Hot Yoga," it's a series of 26 challenging poses performed in a room heated to a high temperature.
- **Hatha:** The form most often associated with yoga, it combines a series of basic movements with breathing.
- **Jivamukti:** A physical, limit-pushing practice that reintegrates yoga's traditional spiritual elements.
- **Lyengar:** Type of yoga that uses props like blocks, straps, & chairs to help move your body into proper alignment.
- **Power:** A faster, higher-intensity practice that builds muscle.
- **Restorative:** Less work, more relaxation. It's something like group nap time for grownups.
- **Vinyasa:** A series of poses that flow smoothly into one another.



THE HOO-HA HUDDLE

GYNCA has a **PRIVATE** Facebook group called "The Hoo-Ha Huddle".

It is a chance to connect to other women going through the same journey as you are.
Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only. Each member has been verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that are having a recurrence, women in remission for many years, etc.



To join this private group, please visit this link (Type the full address in your web browser).

<https://www.facebook.com/groups/350547391975897/>

Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members.
This is a safe environment to connect with others without the fear that someone may see your posts that should not.



GYN Cancers Alliance provides education, resources, & support to local women & caregivers affected by gynecologic cancers.



Thank you to all of you that joined GYNCA in our Annual Survivor Christmas Party. This year we had the most survivors, families, and caregivers than previous years. It was fantastic!!! Incredible Pizza was so much fun. All of the families had a fabulous time.

Santa, Mrs. Claus, and a spunky little elf managed to make the long journey from the North Pole to surprise all of the small children with gifts.

Thank you to all of our GYNCA Board Members for making our Christmas Party a success. We could not have done it without you!

JANUARY is Cervical Cancer Awareness Month!



Show your support in celebrating Cervical Cancer Awareness Month by wearing teal, sharing GYNCA on Facebook, & posting to GYNCA's Facebook of what this month means to you. Let everyone know the reason behind the ribbon!

We would love to see GYNCA light up Facebook. Let's show everyone that GYNCA is here to 'Save The Hoo-Has'!



GYNCA FUNDRAISER JANUARY 30TH!



Come grab a bite & promote Cervical Cancer Awareness Month. 50% of the sales from 4:00pm-8:00pm come back to GYNCA. Located @ 3356 S. Campbell Ave Spfd, MO 65807

In order for your purchase to be credited towards the Chipotle fundraiser, you can show the cashier the digital flyer on Facebook or just tell the cashier (no flyer needed) that you are supporting the GYNCA Fundraiser when paying at checkout.



JANUARY MEMBER EVENT

18TH – YOGA & MEDITATION – 6pm-8pm AT THE GYNCA OFFICE

GYN Cancers Alliance Office @ 3023 S Fort Ave Suite D Springfield, MO 65807

Yoga & Meditation from the chair to the floor. Join us for new techniques, basics you can do at home, & great relaxation. Yoga can help manage Depression, Fear, & Anxiety that can be prevalent in patients suffering through the emotional strain of a cancer diagnosis. Undergoing invasive or rigorous treatments may also heighten anxiety. Learn ways to lower the stress & anxiety you may have. We are all beginners & learn the techniques together. Bring your family, friends, & caregivers! No RSVP Required. **There is never a fee for anyone to attend!**

