

OU partners with Blue Cross Blue Shield of Michigan for yoga event

The October 15 event will spotlight a BCBSM grant awarded to Dr. Judi Fouladbakhsh, who will study the benefits of yoga for pain management in cancer patients



October 3, 2019

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Oakland University's School of Nursing has partnered with Blue Cross Blue Shield of Michigan Foundation for a community-wide event to offer free yoga classes on Tuesday, October 15, from 8:30-10:30 a.m. in the Recreation Center on Oakland's campus.

As October is Breast Cancer Awareness Month, this event serves multiple purposes, including helping attendees learn more about the positive health benefits of yoga and other integrative health modalities, sharing information about a BCBSM Foundation grant awarded to Dr. Judi Fouladbakhsh, who will study the benefits of yoga for pain management in cancer patients, and recruiting participants for the study. Individuals who have been diagnosed with breast cancer are encouraged to attend, though the event is open to anyone over the age of 18.

“This research study aims to examine the effects of two complementary therapies, including yoga therapy and qigong, for self-management of pain among women who have experienced breast cancer treatment and suffer from pain and related symptoms affecting the quality of life during the survivorship period,” said Fouladbakhsh. “We are eager to embark on this new clinical trial to improve outcomes for breast cancer survivors.”

Additionally, there will be refreshments, an exhibitor area for hospitals and healthcare systems to share information related to their integrative health treatment modalities and a check presentation from BCBSM Foundation to Dr. Fouladbakhsh.

For more information about this free yoga event or the study, contact Dr. Fouladbakhsh at (248) 364-8731 or jmfoulad@oakland.edu.