



Totally Pink For Life.

An Exercise Program Specially Designed
for Women Surviving Breast Cancer



Tuesday, January 8 - Thursday, March 28

6:45 p.m. | classes are 60-90 minutes

The 12-week program meets on Tuesday and Thursday evenings

Totally Pink for Life is an exercise program specially designed for women surviving breast cancer, whether they are going through treatment or are post-treatment. The purpose of the class is to improve range of motion, weight management, self-esteem and quality of life.

Taught by a cancer exercise specialist, the group exercise program includes cardio, weight training and stretching. The program also includes educational sessions on topics such as lymphedema, nutrition and yoga.

Scholarships are available for new participants. The cost is \$80 for returning participants and free for Lifestyle Center members.

For more information or to enroll, call Tiffany Markun at 757-312-4003.

 **CHESAPEAKE REGIONAL
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LIFESTYLE & WELLNESS

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