

**JOIN US!**  
Support and  
Education for  
Anyone Touched  
by Cancer



## Exercise Class: Beginners Class for Breast Cancer Survivors

Excited to get back to the gym but not sure where to start? Join us for a quick exercise class with Terri Ross, CPT, CES. We will learn the minimum range of motion needed to safely begin exercising the upper body. Then we will work through some lymph drainage, gentle stretching, and a light resistance exercise routine. It will be required that you have received a medical release to participate, but those who are still healing are welcome to attend and take notes for when you are released and ready. Wear something comfortable and remember your water bottle! Advanced registration is required. Group size is limited.

**Saturday, August 6<sup>th</sup> | 9:00 – 10:00am**

*To register, please contact Amy Colver, LCSW at (720) 851-4147.*



All groups are offered virtually through Zoom.  
Visit our website for a full listing.



 SCAN ME