

# Movin' On!

## Exercise & Movement Program for Breast Cancer Survivors

A specially designed program of **gentle exercise** for breast cancer survivors of **all ages** and at **any stage** of treatment and survivorship, promoting a **safe return to physical activity and wellness** through education, appropriate healthy exercise and emotional support.



Participants can expect **improved range of motion, energy levels and self image** upon completion of the six week course. They will receive education on **safe activity levels** and the risks, signs and **symptoms of lymphedema**.

### SIGN UP TODAY

Call **(239) 437-1606** or e-mail  
**lymphedemares@aol.com**

Space is limited, registration is required.

Port Charlotte: Mon., Feb. 13-March 19, 2012

Fort Myers: Tues., Feb. 14-March 20, 2012

Funded by a grant from:



presented by Lymphedema Resources, Inc.  
a 501(c)3 non-profit organization at

## NO CHARGE