

# 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.

Naples: Tues., Oct. 4 - Nov. 1, 2011

Cape Coral: Sat., Oct. 15 - Nov. 19, 2011

Port Charlotte: Mon., Jan. 9 - Feb. 13, 2012

Fort Myers: Tues., Jan. 10 - Feb. 14, 2012

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

**NO CHARGE**

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*susan g.*  
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FOR THE **cure**  **SOUTHWEST  
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