

Living Well through breast cancer

A unique rehabilitation program for women with breast cancer

Whether you are currently in treatment for breast cancer, in recovery or want ongoing support following recovery from breast cancer, this program is for you!

Improve your quality of life through participation in varied activities and see what works best for you...

- Relaxation
- Education
- Yoga/Stretching
- Individualized nutrition counseling
- Personalized exercise programs
- Meditation
- Counseling
- Hormone symptom management
- Group discussions
- Explore energy work and other holistic healing methods

Attend the next of several sessions offered this year:

- cost: \$50 for the 6-week program
- includes course materials and support items
- class size limited to 10 participants per 6-week session

To learn more, please call:

515-643-8206 or toll-free
at 1-888-221-4849