

CANCER SURVIVORS FREE EXERCISE CLASSES

THE KEY TO YOUR RECOVERY IS EXERCISE

ALL AGES WELCOME

This is an exercise class for cancer survivors, to help with flexibility, strength, fatigue, pain, and other side effects of cancer treatment.

You can join us at any time.

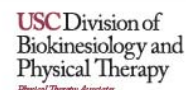
Please wear comfortable clothes.

March 18th	Meditation and Basic Yoga	Learn meditation techniques to calm the mind and body. Stretch and stimulate healthy energy in your body with basic yoga.
March 25th	Obstacle courses	Mobility through the day involves getting around lots of obstacles. Let's work on getting through them together!
April 1 st	Rollin' with the punches	Learn the offensive and defensive moves of boxing and put everything together in fun and challenging combinations!
April 8 th	Basic Yoga	Learn how to adapt your yoga for all levels of ability and mobility.
April 15 th	Fitness Path	Let's explore the fitness path outside of the Wellness Center together.
April 22 nd	Foam roller	One simple piece of equipment can provide so many ways to exercise.

EVERY FRIDAY 1-2PM

kayamada@usc.edu or 323-442-5511

WELLNESS CENTER - DANCE STUDIO AT THE HISTORIC GENERAL HOSPITAL
1200 NORTH STATE STREET, LOS ANGELES, CA 90033



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April 29th	Chair aerobics	Get your heart pumping! Aerobic exercise and good cardiovascular health helps to improve cancer treatment related fatigue.
May 6 th	Lymphedema Exercises	Stimulate your lymphatic circulation. Come join us to learn more about lymphedema and lymph circulation and how exercise can help!
May 13 th	Nutrition education/cooking demo class	Cooking demonstrations and nutritional education for cancer survivors.
May 20 th	Exercise Games	Let's get distracted from exercise a little with some fun games!
May 27 th	Meditation and Basic Yoga	Learn meditation techniques to calm the mind and body. Stretch and stimulate healthy energy in your body with basic yoga.
June 3 rd	Stretch class	Decrease muscle tightness and spasms with this stretching class. We will help you stretch your arms, legs and trunk.

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