

Wellness Class for Cancer Survivors

*Still feeling lost and unwell after cancer therapy?
This class is especially for you.*



***Wednesdays: October 11, 18, 25; November 1, 8
12 - 1:15 p.m.***

Class is via Microsoft Teams. Topics include:

October 11 - Physical exercise and stretching techniques after cancer treatment.

October 18 - Self-image and sexuality after cancer therapy.

October 25 - Cancer-fighting eating patterns to feel your best.

November 1 - Anti-cancer lifestyle and weight management.

November 8 - Overcoming past trauma with breathwork.

**To register or for more information, please call Suzie Kline at (626) 807-9168
or email suzie.kline@huntingtonhealth.org.**