

# PATHWAYS



**FREE** PROFESSIONAL ONE-ON-ONE  
TRAINING FOR FEMALE CANCER SURVIVORS



**TWICE WEEKLY SESSIONS  
BETWEEN 9:00 & 3:00PM, MON-FRI  
COORDINATED WITH YOUR TRAINER, CHECK WEBSITE FOR DETAILS**

- 16 hours of 1-on-1 training with Connection Fitness Trainers/Certified Cancer Exercise Specialists.
- Engage in cardio/strength training, balance training, yoga/stretching, Reiki/meditation-your choice with Trainer.
- Regain strength, flexibility, cardiovascular health, balance and improve mental well-being.
- Services provided in consultation with Jill Hoefs, MPT, certified oncology rehabilitation specialist and women's health physical therapist.
- Registration required: email [lesley.andrews@theconnectiononline.org](mailto:lesley.andrews@theconnectiononline.org) or call 908.273.4242. ext 154
- *The Pathways Sister Strong Fitness Program is made possible, in part, by a generous grant from the Junior League of Summit.*



a program of The Connection | 79 Maple St | Summit, NJ | [TheConnectionOnline.org](http://TheConnectionOnline.org)