

PATHWAYS

SISTER Strong

FITNESS PROGRAM

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



STARTING NOV 9TH

TWICE WEEKLY SESSIONS

BETWEEN 10:00 & 1:00PM, 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 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.*

PATHWAYS
SUPPORT FOR WOMEN WITH CANCER

a program of The Connection | 79 Maple St | Summit, NJ | TheConnectionOnline.org