

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 or call 908.273.4242. ext 154
- *The Pathways Sister Strong Fitness Program is made possible, in part, to generous grants by the Junior League of Summit, the Overlook Foundation and the Blanche and Irving Laurie Foundation.*

