

PATHWAYS



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



SESSION DATES AND TIMES AT THE CONNECTION, 79 MAPLE STREET, SUMMIT
to be scheduled 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.
 - Registration required: email lesley.andrews@theconnectiononline.org or call 908.273.4242. ext 154
- * Sessions are available to women undergoing cancer treatment or recovering from cancer treatment or surgery within the past 18 months. Please contact us for other resources if this is not applicable to you.

The Pathways Sister Strong Fitness Program is made possible, in part, to generous grants by the Junior



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