

**WINGS OF HOPE  
CANCER SUPPORT  
CENTER**

# Women's Cancer Survivor Exercise Group

**FUN  
CLASSES**



Wings of Hope Cancer Support Center is offering exercise classes for women who are cancer survivors. Newly diagnosed and long-time survivors are welcome!

The classes are based on a therapeutic movement program called Healthy Moves (previously known as LeBed). Wendy Buchholz, an Occupational Therapist, will lead the classes.

## How can this class help me?

- Helps you to regain/maintain movement & range of motion
- Connects you with other survivors
- Improves your balance
- It's a fun way to exercise
- Great music
- Fantastic teacher!
- Reduces the risk of lymphedema

We are meeting at  
The Center  
714 South Main Street  
Council Bluffs, IA 51503

**The 2nd and 4th  
Mondays of each  
month**

**6:30—8:00 p.m.**

**Call 325-8970 to  
register**

*wings  
of hope*

**WINGS OF HOPE  
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427 E. Kanesville Blvd. #202  
Council Bluffs, IA 51503

[www.wingsofhope.org](http://www.wingsofhope.org)  
Phone: 712/325-8970