

**WINGS OF HOPE
CANCER SUPPORT
CENTER**

Women's Cancer Survivor Movement Class

**FUN
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

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, is the instructor for the classes.

The 2nd and 4th
Mondays of each
month

6:30—8:00 p.m.

Call 325-8970 to register

*wings
of hope*

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427 E. Kanesville Blvd. #202
Council Bluffs, IA 51503

www.wingsofhope.org
Phone: 712/325-8970