

crew

cancer
recovery
exercise for
women

Current medical research shows that regular exercise after a cancer diagnosis can significantly **extend** the period of cancer **survivorship** by **reducing** the chances of cancer **recurrence** and by improving survival odds.

Survivors who exercise also report **less fatigue** and **greater well-being** compared to cancer patients who remain sedentary.



SURVIVORS'
TRAINING®

www.survivorstraining.org

eliminating racism
empowering women

ywca
MINNEAPOLIS

crew

cancer recovery exercise for women

A **fitness** program for **women recovering** from all types of **cancer** and cancer therapies.

YWCA of Minneapolis
2121 East Lake Street
Minneapolis, MN 55407
questions: 612-215-4330
or kklein@ywcamppls.org

scholarship funds available

Go to www.survivorstraining.org for more information and to apply.

classes:

Tuesday
10:30 am

or

Thursday
10:30 am

or

Saturday
11:00 am

This fitness program is suitable for women at all stages of their cancer recovery. Our certified and experienced instructors are trained to serve the unique needs of every participant. Former exercise experience is not required.

begins:

September 20 - October 31
6-week session

cost:

\$72 for YWCA Members*
*Add 20% for Non-members

registration:

Opens Wednesday, August 25

location:

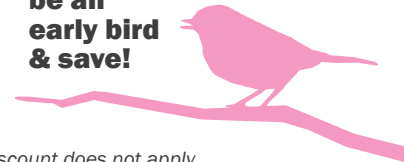
YWCA Midtown - 2121 East Lake Street

ways to save!

- 1) Register online - **save 5%**
- 2) Register by September 6 - **save 5%**
- 3) Register for **two** classes - **save 30%***
- 4) Register for **three** classes - **save 50%***

**Must register for 2 or 3 classes in the same 6-week session. Online discount does not apply.*

be an
early bird
& save!



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