

Exercise and Cancer Recovery with Val Strang!



Val Strang, Master Personal Trainer, Cancer Exercise Specialist & Owner of Rock Workout Studio, can help you minimize the side effects of treatment, reverse postural and range of motion issues associated with treatment, and focus on working with the **WHOLE** body. Exercise has been scientifically proven to aid (physically and mentally) in the treatment of cancer. Take Charge! Get Stronger! *Only for participants with a cancer diagnosis and survivors of cancer.*

NOTE: You must register at Cancer Support Community (1058 Old Des Peres Road, St. Louis, MO 63131) in order to receive a class card. A Physician's Release Form (faxed from a physician's office) is required at time of registration if you are currently in treatment. Download form at www.cancersupportstl.org, or call 314-238-2000 to request one be sent to you.

WHEN: Saturdays, 10:15 - 11:15 am

Where: Rock Workout Studio, 3001 Locust Street, Suite 103 (lower level), St. Louis, MO 63103
314-531-rock (7625)



(FORMERLY THE WELLNESS COMMUNITY)

314-238-2000

www.cancersupportstl.org



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