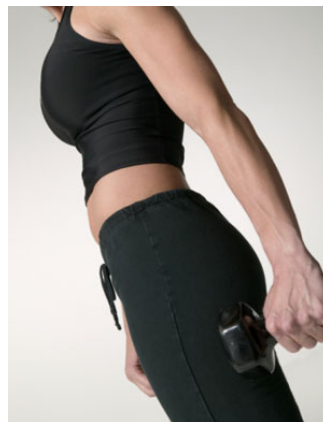


Announcing New Movement Class: Exercise and Cancer with Val Strang!



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.*

NOTE: You must register at The Wellness 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. Download form at www.wellnesscommunitystl.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)

**the
wellness.
community**[®]
greater st. louis
cancer support, education and hope
314-238-2000
www.wellnesscommunitystl.org



314-531-rock (7625)