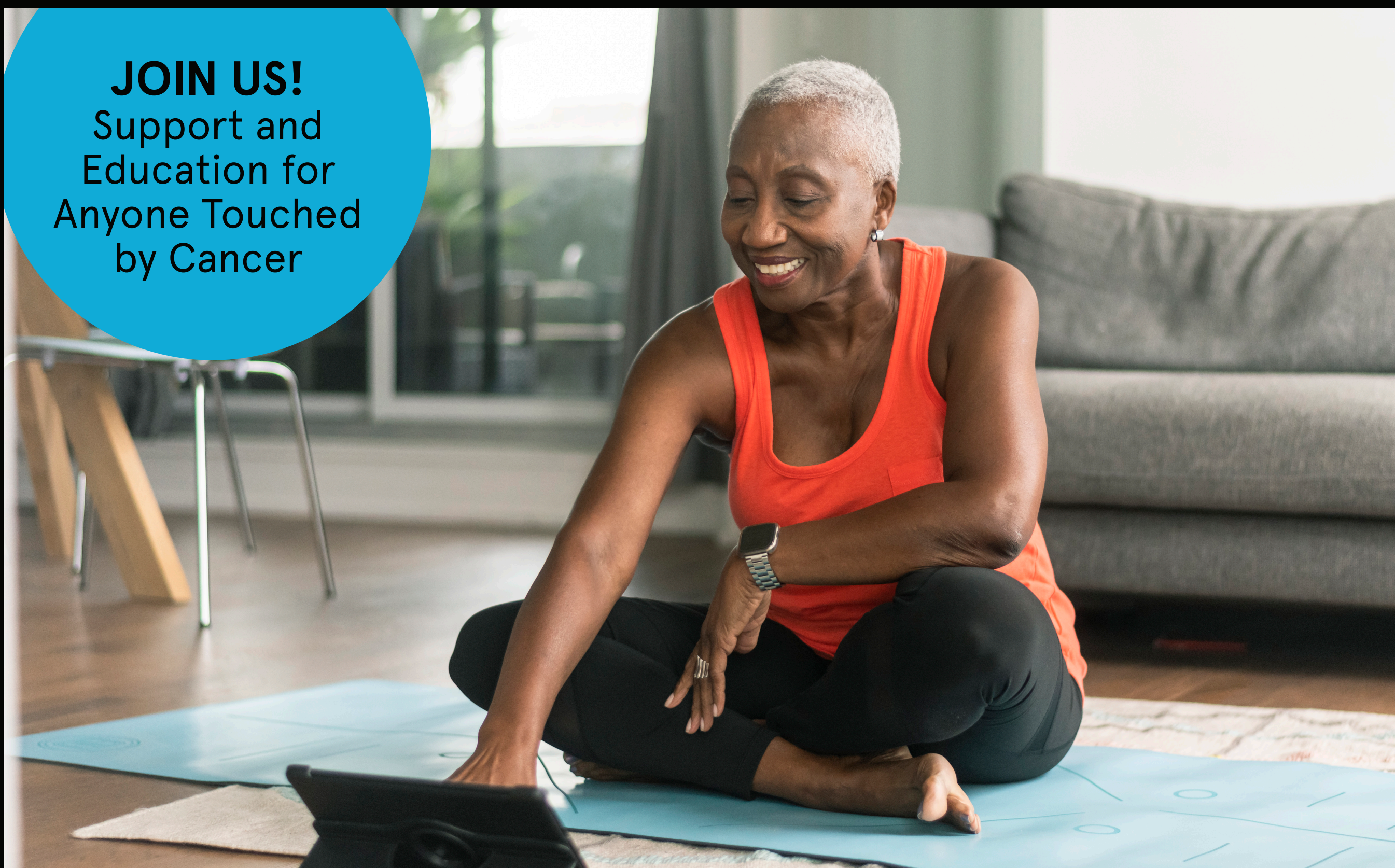


**JOIN US!**  
Support and  
Education for  
Anyone Touched  
by Cancer

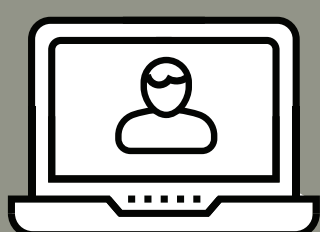


# Exercise Class: Cancer FAQs

Starting an exercise routine after a cancer diagnosis and treatment can come with a lot of questions and a certain amount of fear. Join us for this class with Terri Ross, CPT, CES as we discuss where to begin. We will cover the lymphatic system, ways to avoid lymphedema, exercising with neuropathy, other lasting side effects and more. We will finish class with a demonstration of lymph drainage exercises.

**Wednesday, June 22<sup>nd</sup> | 6:00 – 7:00pm**

*To register, please scan the QR code. For questions, please contact Amy Colver, LCSW at (720) 851-4147.*



All groups are offered virtually through Zoom. Visit our website for a full listing.

