

Komen Grant Awarded for Breast Cancer Survivors' Fitness Program!



New!
**Breast Cancer
Survivor's Fitness
Program**

Starts week of October 27th
Meets twice a week for 12 weeks. Fee: \$225/M, \$250/NM
Open to everyone!

The Worcester JCC with generous assistance from the Susan G. Komen For The Cure Foundation is offering a 12 week Breast Cancer Survivor's Fitness Program to women of Worcester and the surrounding communities. The program is be available to JCC members and nonmembers. Need-based financial assistance is available. Schedule to be announced.

This 12-week program will meet 2 times each week in a class format led by 2 JCC trainers who have been trained in protocols that are specific to different surgeries and reconstructions. They will provide their breast cancer clients with a safe and effective program. Classes are limited to 12 participants. Studies show that regular exercise may reduce breast cancer recurrence and improve survival rates among women who have been treated for breast cancer. The object is to boost energy and strength and restore ease in performing daily tasks.

This revolutionary new program will help you exercise safely while enhancing your overall health whether you are in the midst of treatment or years beyond it. Designed by Harvard breast cancer surgeon and survivor Dr. Carolyn Kaelin, Master Trainers Josie Gardiner and Jay Prouty, it is the only breast cancer recovery program approved by the American Council on Exercise (ACE).

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