

# CELEBRATE!

### NATIONAL CANCER SURVIVORSHIP DAY at LIFESTYLERX

National Cancer Survivors Day® is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community. Please join us as we celebrate each others path to wellness!

Sunday, June 5, 2016 - 1119 E. Stanley Blvd. Livermore

#### 9:30am -10:00am Gentle Yoga Stretch

Tight hamstrings, low back pain, shoulders tight? This is the class for you. Stretch and release focusing on creating a greater range of motion in all your joints with "EXTRA" time spent on creating flexibility in the back.

Instructed by: Winter Brown Wellness Instructor

#### 9:30am -11:30am Chair Massage

Enjoy a 10-minute chair massage to enhance circulation, loosen tight muscles, relieve tension, reduce stress and leave you feeling relaxed and invigorated.

Offered by: Rick Anderson Certified Massage Therapist

#### 10:00am -10:30am Lite Barre

This class combines sculpting exercises and cardio fitness with exercises borrowed from the traditions of ballet. This is a perfect match for people who have had breast cancer as it remains safely within the weight parameters following surgery and radiation.

Instructed by: Kim Thompson
Clinical Integration Personal Trainer

## 10:30am - 11:00am Acupressure: Self Help Techniques

Come and learn common acupressure points with wellness support. Plan to leave feeling relaxed with a few tools to manage cancer related common complaints and the stresses of everyday life.

Instructed by: Kim Thompson

Clinical Integration Personal Trainer

