

Awaken

an Exercise Class for Cancer Survivors!

When: Monday and Wednesday
2:30–3:30 p.m.

Where: Avera St. Luke's
Midland Campus (B-wing)
1400 15th Ave. NW
Mid-April we will move
to our new location.
721 1st Ave. SE

Cost: \$30 for 4-week session*

Dates: Jan. 9–Feb. 2
Feb. 6–March 1
March 5–March 29
April 2–April 26

April 30–May 24
June 4–June 27
July 9–Aug. 1
Aug. 6–Aug. 30

Sept. 10–Oct. 4
Oct. 8–Oct. 31
Nov. 5–Dec. 6

Benefits of exercise during treatment:

- Increase stamina
- Increase function
- Increase strength
- Increase self-esteem
- Improve treatment tolerance
- Decrease pain
- Decrease in depression
- Fewer problems sleeping
- Less fatigue during and after chemotherapy & radiation

Benefits of exercise during recovery from surgery:

- Increase strength
- Increase flexibility
- Cardiovascular conditioning
- Improve posture

**Scholarships available for individuals meeting financial criteria.*

Instructor:

Vicki Holley is an ACE-certified personal trainer with a Cancer Exercise Specialist advanced qualification through the Cancer Exercise Training Institute, West Linn, OR. She has taught several wellness classes at Avera St. Luke's and in the Aberdeen community over the past 10 years, including Osteoporosis Exercise, Chronic Pain Warm Water Specialty Class, Tai Chi and Ai Chi.

For More Information, Call: (605) 622-5878

STRETCHING
BALANCE
DEEP BREATHING
strengthening
Relaxation

Avera 
St. Luke's Hospital