

ARE YOU IN YOUR GARMENTS? **ARE YOU READY TO EXERCISE?**

let's get
physical!

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AN EXERCISE PROGRAM FOR
BREAST CANCER PATIENTS WITH ARM,
CHEST OR BREAST LYMPHEDEMA

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Where: Wellness Institute, 1075 Leila Avenue

When: 8 weekly sessions on Thursday

Time: 1:00 pm – 2:00 pm

Cost: **Free**



Next session 2020:

Oct 8th to Nov 26th, 2020

For information and registration call 204-235-3691



Shared health
Soins communs
Manitoba