



Absenger
Cancer Education
Foundation

in collaboration with



Living Well in Breast Cancer Survivorship Classes



Whether you have just been diagnosed or
have been a survivor for years...

You and your health could use a little tender, loving care, right?



When you regularly come to
classes

You give up things... ...things like



- stress*
- fatigue*
- anxiety & depression*
- fear of cancer coming back*

We'll show
you how
little changes
can make
a big
difference.

e-mail | info@amacf.org

Call (616) 607-7360

www.AMACF.org

*Not everyone may get these results. Your results may be different.
Research shows that the average person may improve her quality of life.

Living Well in Breast Cancer Survivorship

Class Descriptions

Because the classes are going to be popular, and to encourage class unity, we request you commit to attend at least 3 classes per month to hold your spot.

Gentle Yoga & Chair Yoga*

held twice per week

- helps with anxiety and depression
- supports sound sleep & optimal blood pressure
- relieves general cancer pain
- helps with flexibility & balance

Mindful Eating*

a 6-week class, held once weekly for 2 hours

- learn how stress controls your eating habits
- shrink your belly without feeling deprived
- feel full sooner, so you don't eat as much
- helps you make better food choices

Survivorship Care Plan*

a one-hour meeting

- ideas to help you manage your overall health with diet, nutrition, and exercise
- Information about long-term and late side effects that could result from breast cancer or its treatments, and methods to manage them

Music Relaxation & Experiencing Drumming*

held twice per month

- helps with fatigue and quality of life
- relieves stress & anxiety
- supports healthy sleep

Mindfulness Meditation*

held twice per week

- boosts your immune system & coping with stress
- aids blood pressure
- helps you to have a better quality of life
- helps relieve pain

To secure your place, call or visit us on the web today!
Transportation assistance is available to those who qualify!

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