



RECOVERY AND BEYOND

1:00 - 2:00 PM ON TUESDAYS AND THURSDAYS

A small group outcome based class for cancer survivors and all Y members who are seeking to **improve: strength, mobility, and balance and decrease pain.** Free Wellness Coaching and tracking progress is included!

FOR MORE INFO OR TO ENROLL EMAIL
PETE.A.LANGSTON@GMAIL.COM

WWW.ABOVEANDBEYONDCANCER.ORG OR
SCAN THE QR CODE

