

Healthy Steps- Schedule 2019

*Through Therapeutic Exercise and Movement to Music
"The Lebed Method"*

An effective therapeutic program of exercise and movement to music

This program is especially designed for anyone who has experienced breast cancer (pre- or post-operative) and is also beneficial for anyone with chronic health conditions such as other types of cancer, diabetes, fibromyalgia syndrome, rheumatoid conditions, chronic fatigue, depression, etc.

Appropriate for all levels of fitness and ages.

Program provides a supportive and safe environment

Benefits-

- **Increases range of motion, upper body mobility, energy**
- **Facilitates release of frozen shoulder**
- **Assists in structural rebalance of body**
- **Promotes positive self image**
- **Fosters Empowerment**
- **Reduces depression**

Get back to "YOU"- Striving and Thriving and Beautiful....

Facilitator: Tamie Vasquez, CLM, CLMC



2019 SCHEDULE

1 Classes on Thursday's:

**Time: 10-11 AM and
Loma Linda Senior Center
25571 Barton Road
Loma Linda, CA 92354**

Session 1: January 3 -February 28, 2019

Session 2: March 7- April 25, 2019

Session 3: May 2 - June 27, 2019

Session 4: July 11- August 29, 2019

Session 5: September 5 – October 31, 2019

Session 6: November 7- November 21, 2019
Off November 23, 2017 (Thanksgiving)

Continuing: December 5- December 19, 2019



MERRY CHRISTMAS AND BLESSED NEW YEAR
NEW CLASS STARTS AGAIN 1/2/2020

The class sessions are taught in 8-week increments.

Six sessions a year.

Cost: Complementary

Registration: Please call Tamie Vasquez at

909-558-5486

pre-register, or e-mail at tvasquez@llu.edu

Classes are forming, so call to secure your spot!!



LOMA LINDA UNIVERSITY

Cancer Center



*Moving you to better health
with the Lebed Method*