



Exercise at BCC!

Every Friday
8:30 to 9:30 a.m.

Call the Helpline to RSVP
(650) 326-6686

Research shows that exercise is one of the best therapies for those undergoing cancer treatment or to help prevent recurrence.

Exercise at BCC with Susie Danzig, *Healthy Steps* instructor. Bring a partner, too! *Healthy Steps* is an exercise program that combines the freeing aspects of movement, spirit elevation from upbeat music, and positive reinforcement from a group format. Move at a pace that suits you. *Healthy Steps* employs both basic passive and progressive movements using the entire body, designed to:

- Stimulate the lymphatic system
- Support immune system function
- Improve range of motion
- Reduce scar restriction
- Stabilize weight
- Improve balance and posture
- ... and so much more!

Learn more at gohealthysteps.com



About Susie Danzig: *Susie has been acting and dancing since childhood. She has performed and taught in New York and all over the Bay Area. She has a BFA in Theatre and experience teaching both dancers and non-dancers, adults, and children. She is happy to add Healthy-Steps to her life so she can share her love of dance and encourage people to have fun while exercising!*

See OVER for details

Class Information

To begin the 6-week program:

- * All incisions must be healed
- * Any ports or drains must be out
- * If you have had breast surgery within the last 6 months, please bring a doctor's note of approval to participate in Healthy Steps

1. Wear comfortable clothing and closed-toe rubber soled shoes, or ballet slippers.
2. If you have a compression garment, please wear it to class.
3. Classes are 60 minutes long and include water breaks. Arrive on time for the warm-up.
4. Each participant will have their own chair to use for balance or to take breaks. All routines may be done sitting or standing. There are no high-pressure or difficult movements in class. The purpose is to stretch and get our bodies moving.

All programs and services are provided free of charge.

Breast Cancer Connections
390 Cambridge Avenue, Palo Alto
Helpline (650) 326-6686