

Moving Forward

Journey from treatment to wellness



This is a **NEW** weekly exercise class for cancer survivors, to help with flexibility, strength, fatigue, pain, and other side effects of cancer treatment. The classes are **free of cost**, but require registration. You can join us, even if you miss the first class. Please wear comfortable clothes.

Topics will include:

Postural Training
Lymphedema drainage exercises
Restorative Yoga
Tai Chi
Zumba
Meditation

Balance exercises
Theraband exercises
Beginning aerobic exercises
Foam roller exercises
Walking stability exercises

Classes will be held on Fridays, from **1:00 – 2:00 PM**, at the **Dance Studio** located at **The Wellness Center at the Historic General Hospital**, 1200 N. State St, Los Angeles, CA 90033.

Please call (323) 442-7805 or email Dr. Kimiko Yamada at kayamada@usc.edu to register.



USC Division of Biokinesiology
and Physical Therapy

