

# ST. PETER'S ESSENTIALS OF SURVIVORSHIP



St. Peter's Essentials of Survivorship is a new, evidence-based program designed to help breast cancer patients before, during and after treatment.

**Join us for an introductory class to our Essentials of Survivorship program.**

- Learn the IMPORTANCE OF AN EXERCISE regimen before, during & after treatment
- Learn to RECOGNIZE SIDE EFFECTS that may occur during cancer treatment
- Learn techniques to help REDUCE ANXIETY & STRESS

**Feature segment:  
NUTRITION DURING TREATMENT**

Learn how to maintain body weight & appetite with healthy recipes



The Susan G. Komen  
Breast Cancer Foundation

GRANT FUNDED BY:  
Susan G. Komen Foundation of Northeast NY  
Cohoes Savings Bank Foundation

BROUGHT TO YOU BY:  
St. Peter's Hospital Cancer Care Center  
St. Peter's Physical Therapy and Fitness  
St. Peter's Hospital Breast Center

**Second Monday,  
Monthly**

**4:30 PM - 6:00 PM**

**St. Peter's Physical Therapy & Fitness**

1240 New Scotland Road  
Suite 100, Entrance A  
Slingerlands, NY 12208

Introductory classes for our Essentials of Survivorship program take place on the second Monday of each month.

These are free events. Space is limited. Registration is required.

**For more information and to reserve your space, please call:**

**(518) 525-1547**

 **St Peter's Hospital**  
ST PETER'S HEALTH PARTNERS



LIVESTRONG®

FOUNDATION

# FROM SURVIVING TO THRIVING

## LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA focuses on you — the whole person — not the disease. This no cost, 12-week program meets twice a week for 90 minutes, using traditional and holistic exercise methods to ease you back into fitness and help you maintain a healthy life. Just as important, LIVESTRONG® at the YMCA provides a warm spirit of community. We focus on:

- building your muscle mass and strength
- increasing your flexibility and endurance
- improving your confidence and self-esteem



At the Y, you'll find a safe, comfortable place for you to build companionship, share stories, and be inspired. Plus, you learn about wellness and stress reduction techniques and how to continue healthful habits after the program has ended.

### LIVESTRONG® at the YMCA Program Dates

May 3—July 21, 2016

Tuesdays AND Thursdays 6-7:30pm

For more information on how to qualify for this program, please contact Michael Malone at [mmalone@cdymca.org](mailto:mmalone@cdymca.org) or 518-869-3500 x5553

## CALL TODAY!

### CAPITAL DISTRICT YMCA

Southern Saratoga YMCA

1 Wall Street

Clifton Park, NY 12065

518.371.2139

[www.CDYMCA.org](http://www.CDYMCA.org)