

Healthy Steps- Schedule 2016

*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



2016 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 7 -February 25, 2016

Session 2: March 3- April 28, 2016

Session 3: May 5 - June 23, 2016

Session 4: July 7- August 25, 2016

Session 5: September 1 – October 27, 2016

Session 6: November 3- November 17, 2016
Off November 24, 2016 (Thanksgiving)
Continuing: December 1- December 15, 2016



MERRY CHRISTMAS AND BLESSED NEW YEAR
NEW CLASS STARTS AGAIN 1/5/2017

**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***