

health &
wellness

at the
Sabes JCC



Getting Back Your Self

DAY/TIME: Mondays • 11:00 - 12:00 PM

LOCATION: Sabes JCC

COST: \$117 • \$90 Member Value Price

SESSION:

Session 1: May 6 - June 10

We recognize that getting support from others who have experienced a cancer diagnosis is very important. We also recognize that it is not always comfortable to talk about the details of your experience with others of a different age group or gender. Recondition, start moving safely, get emotional and physical support in this class for women going through and recovering from cancer, with a trainer who has been there. **Trainer: Hinda Dukes**

sabesjcc.org



sabes jcc
minneapolis

Questions? Please contact Jory Kircher at jkircher@sabesjcc.org
or 952-381-3418