

# EAT. CHAT. MOVE!

## CANCER WELLNESS PROGRAM



Learn how to lead a healthy lifestyle in this 12 week program for women with breast and gynecological cancers. Work out with a certified cancer exercise specialist and discuss positive nutrition habits with registered oncology dietitians. Physician's clearance required.

At Sid Jacobson JCC, 300 Forest Drive, East Hills

12 sessions

Begins Monday, January 8

12:15-1:45pm

Free to the community

Register at [www.sjjcc.org/eatchatmove](http://www.sjjcc.org/eatchatmove)

FOR MORE INFORMATION, CONTACT RANDY HIGHT, LCSW, OSW-C, DIRECTOR OF NANCY MARX CANCER WELLNESS CENTER, 516.484.1545 EXT. 213, [RHIGHT@SJJCC.ORG](mailto:RHIGHT@SJJCC.ORG)



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