



INK RIBBON PROGRAM

Post-Operative Workout Enhancing Recovery

Breast Cancer 6 Week Exercise & Information Programme



- Helps regain strength and mobility in affected shoulder and arm post-op
- Enhances physical and mental wellbeing
- AND IT'S FUN.

Each day involves:

- 45 mins Exercise
- 15 mins Meditation
- 30 mins information Talks

Tuesdays from 11:00am - 12:30pm
starting January 31, 2023

\$340 + GST* for the 6 week program

**Can be claimed as Physiotherapy under private benefits plan*

Call to book! 403-472-3100



Lymph Balance Centre