

## Strength After Breast Cancer (ABC) Exercise Rehabilitation Program

### Strength ABC at a Glance

Enhance your healing and recovery through this 6-week exercise rehabilitation program.

Strength ABC was founded by Kathryn H. Schmitz, PhD, MPH and is based on the PAL Trial (Physical Activity and Lymphedema). This study showed the effectiveness of progressive weightlifting for breast cancer survivors who were living with or were at risk for lymphedema. Our program has been developed to meet the broader physical rehabilitation needs of breast cancer survivors.

### What do sessions include?

- An initial screening by a Physical Therapist
- Personalized exercise instruction from Sunflower Exercise Counselors geared towards increasing motivation, and promoting behavior and healthy lifestyle change
- Education on weight training routines that help prevent lymphedema and increase range of motion
- Free resistance band and 2-3 lb. dumbbells
- Guidance on creating a long-term fitness practice that fits your lifestyle.

*Participation is dependent on your pre-screening assessment with a Physical Therapist.*

**Call 1-415-233-3618 to register.**



### Dates

#### Every Thursday From:

February 15 – March 22

April 19– May 24

June 21 – July 26

August 30 – October 4

November 1– December 13

### Times

11:00 am – 12:00 pm

or

3:30 pm – 4:30 pm

### Location

Marin General Hospital's Cancer Institute  
1350 South Eliseo Drive, Greenbrae, CA  
Health Resource Center, 1<sup>st</sup> Floor

**Cost is FREE!**