



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

Healthy Lifestyles | Exercise Exercise for Cancer Recovery™

at Gilda's Club Twin Cities

DATE:

Thursdays

TIME:

12-1pm

WITH:

Cathy Skinner

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Mind Body Studio

10560 Wayzata Boulevard

Minnetonka, MN 55305

(From 394 go North on Hopkins
Crossroads; then right on North
Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

*All programs and services are
offered at no cost.*



Join us for an exercise program that focuses on building strength, balance, flexibility, range of motion, and functional movement. This class is fun and crafted to meet individual needs of men and women who are diagnosed with cancer. Participants can attend the class during or post treatment and are highly encouraged to attend multiple weeks to receive the most benefit.



Cathy Skinner is an ACSM Certified Cancer Exercise Specialist, Physical Activity for Lymphedema Specialist (PALs for Life) and a NASM Certified Personal Trainer.

Cathy has been working with cancer survivors since 2008. She works collaboratively with patients to make exercise specific to their needs. When asked, Cathy explained her motivation for working with cancer survivors: "I believe exercise can empower survivors to take control of their bodies and improve their quality of life."

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 10560 Wayzata Boulevard, Minnetonka, MN 55305 | 612.227.2147

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