



Cancer Care Exercise Classes *for beginners*

Please join us...



- High instructor to patient ratio.
- Exercise in an environment where you feel safe.
- If you are interested in group training sessions, our Exercise Specialist can create a program just for you.

CLASSES START JANUARY 2015

- 16 classes for only \$20.
- **Covenant HealthCare Mackinaw**
5400 Mackinaw (at Tittabawassee)
Saginaw, MI 48604
- Must preregister to attend classes.

To register or for more information, please call 989.583.5140 or 989.583.5242.

Have fun, get fit and support each other through exercise!

COVENANT
Cancer Care Center