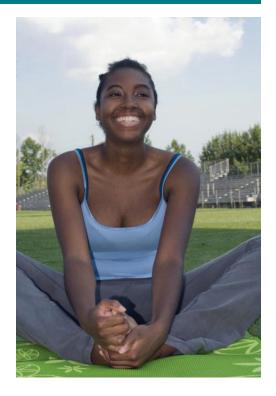
## Your Move! The Good News About Cancer & Exercise









# Join us for a fun, informative event that will highlight the benefits of exercise for cancer patients and survivors.

Keynote addresses by Dr. Roshani Patel, Dartmouth-Hitchcock breast surgeon, and cancer survivor, Diane Talbot.

Then visit four interactive breakout sessions, including gentle karate, strength training, guided mediation & yoga, and goal setting for fitness. These sessions will be fun and great for exercise beginners.

Please bring a water bottle, and wear comfortable clothing and sneakers.

### LOCATION:

Saturday, March 25 • 1 – 4:30 pm

YMCA of Downtown Manchester (Handicap Accessible) 30 Mechanic Street, Manchester, NH 03101

#### **Parking Information**

You can park for up to two hours FREE at the Brady Sullivan parking garage on Plaza Drive. Simply have your parking ticket validated at the Welcome Center. Please note you will be charged the standard hourly rate (\$2 per hour) for anything over two hours and that a debit/credit card is the only option for payment at the Brady Sullivan garage.

#### **To Register**

Event is free and open to all cancer patients and survivors but space is limited, so please register today by visiting Dartmouth-Hitchcock.org and clicking on Classes and Events or call 603-471-4101.

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