



Eleanor B. Daniels Fund

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and



Present a

# SURVIVORSHIP HEALTH FAIR

Active hands-on demos for exercise and wellness

Free demo classes & networking for Cancer Survivors

on

## Saturday, November 5th

### 12:00 pm – 3:30 pm

at

## PT 360

426 Industrial Avenue, Suite 190, Williston, Vt

#### TRY SOMETHING NEW!

**12:15 – 12:45 Water Tai Chi Demo Class –in the salt water pool**

Instructor LuAnn Bellis, PTA, CEAS (limit of 8)

**12:15 – 1:15 Free Chair Massage (10 minute sessions)**

with Julie M. Clayton, PTA, NCTMB, CSTS, MASM-CPT and Edie Bernhardt, PT

**12:15 – 3:30 Refreshments and door prizes for all**

**12:45 – 1:15 Water Tai Chi Demo Class – in the salt water pool**

Instructor LuAnn Bellis, PTA, CEAS (limit of 8)

**1:30 – 2:30 Informal Discussion with Nancy Brennan**, Author of Active Against Cancer, on “Succeeding with your exercise routine”. Join us for tips on practical ways you can be more active post treatment or during treatment. Interested in exercise support? Come talk with us, plus learn about PT360’s Survive and Thrive 12 week program. Nancy will be selling and signing her book “Active Against Cancer” on site.

**2:30 – 3:00 Yoga for Health**, Deb Shearer

**2:30 – 3:00 Walking and stretching**, Deborah Harris, PT, RD, CLT-LANA

Come learn first hand, how a pro-active approach to an active lifestyle is part of the new survivorship frontier. Learn what services are available to you at PT360 and what you might need to improve your health after your treatments for cancer. This is a free program in provided by the Eleanor B. Daniels Fund, dedicated to promoting education on women’s health topics and gynecologic/oncology topics.

**PLEASE JOIN US! EVERYONE WELCOME**

To register please call 860-4360 or email [deborah@pt360coop.com](mailto:deborah@pt360coop.com)  
Walk-ins welcome, however, we’d like a count in advance, so please call!

[www.ebdfund.org](http://www.ebdfund.org)