



LIVING ON PURPOSE!

CANCER REHABILITATION PROGRAM

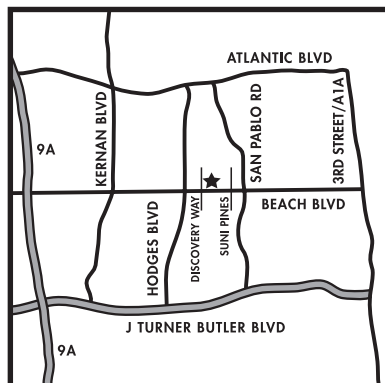
At Premier Physical Therapy

*Are you living with breast cancer?
Are you a breast cancer survivor?*

When breast cancer is a part of your life, your body is under siege by both the disease and its treatments, which can cause many potential side effects. These side effects are real. No one can predict ahead of time whether you will experience any of these symptoms. What's important is that you know interventions are available for each and every side effect.

The LIVING ON PURPOSE! Cancer Rehabilitation Program at Premier Physical Therapy is designed to help you manage your symptoms through exercise, as well as physical and emotional support. We offer group exercise classes tailored to the specific needs of breast cancer patients, all in a supportive environment of fellow patients and survivors. Exercise helps cancer patients and survivors with weight loss, as well as maintaining a healthy BMI, which can reduce the risks of lymphedema and cancer recurrence.

You don't have to live with pain, weakness, or fatigue. Please know you can find help at Premier Physical Therapy of Jacksonville. Let us help you meet the challenges of breast cancer.



Where?

Premier Physical Therapy
13947-109 Beach Blvd.
Jacksonville, FL 32224
www.pptjax.com
904-996-6922

When?

Starting February 1, 2011
Tuesday mornings 8 – 9 a.m.
Thursday evenings 6 – 7 p.m.

Why?

Classes are designed to address many common issues experienced by breast cancer patients including:

- ~ Cancer Related Fatigue (CRF)
- ~ Shoulder problems
- ~ Postural deviations
- ~ Soft tissue & myofascial restrictions
- ~ General deconditioning
- ~ Chest wall tightness
- ~ Weakness
- ~ Endurance limitations
- ~ And many more

How Much?

- \$10 per session
- \$40 for 5 sessions (paid in advance)
- \$75 for 10 sessions (paid in advance)



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