



You are invited to join us for an informative presentation

Thursday, June 11, 5:30pm

Or

Thursday, June 25, 5:30pm

at

Waterford Health & Fitness Club

Beverages and snacks will be served

**“Benefits of
Post-Surgery Exercise”**

Presented by

Cathy Lauder

Certified Pink Ribbon Program Instructor/Trainer

Join us to learn more about this exciting program, it incorporates various exercise techniques designed specifically for those that have experienced breast surgery

Whether you had surgery 3 days, 3 weeks or 3 years ago, you could benefit from this program

Please RSVP for this free event at 360-433-6400

Waterford Health & Fitness Club – Open to the Public

2927 SE Village Loop, Vancouver, WA 98683