

Women Thriving Through Exercise

Eight-week group exercise class for women 55+ and any age cancer survivor.

Research continues to mount that physical activity can improve the quality of life as we age and is now showing its ability to reduce the risk of recurrence of some forms of cancer. Moderate cardiovascular and strength training exercises will be taught virtually in the comfort of your own home. We will use our own body weight as well as resistance bands (provided) in order to perform the movements in this dynamic class full of variety and community!

This class is free of charge and participants must be willing to commit to one-hour long, weekly classes for 8 sessions. Limited to 12 participants. Held virtually on Tuesdays from 4:00-5:00 pm beginning Tuesday, September 15.

Presented by the Cancer Resource Center and Lifelong thanks to support from the Women's Fund, Community Foundation of Tompkins County.

Instructor: Bailey Colvin is a certified personal trainer and cancer exercise trainer. She is also a brain cancer survivor herself.

If interested, please contact Tammy Dunn at tdunn@tclifelong.org.