

**WINGS OF HOPE  
CANCER SUPPORT  
CENTER**

# Women's Cancer Survivor Movement & Support Group

**FUN  
CLASSES**



Wings of Hope Cancer Support Center is offering movement classes for women who are cancer survivors. Newly diagnosed and long-time survivors are welcome!

In 2016, we are practicing TAI CHI movements.  
Our instructors are  
Monica Brazeal-Sciortino and Linda Robicheau.

Facilitation of the group is provided by  
Wings of Hope Cancer Support Center.

## How Can Tai Chi Benefit Cancer Survivors?

- Enables you to initiate movements from the internal core of the body (the abdomen and back) rather than from the external parts of the body (the limbs)
- Improves balance
- Strengthens the immune system
- Connects you with other survivors
- It's a fun way to MOVE

**The 2nd and 4th  
Mondays of each  
month**

**6:30—7:30 p.m.**

We are meeting at  
The Center  
714 South Main Street  
Council Bluffs, IA 51503

**Call 325-8970  
for more information**

*wings  
of hope*

**WINGS OF HOPE  
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www.wingsofhope.org  
Phone: 712/325-8970

**KEEP  
CALM  
AND  
TAI CHI**