CELEBRATING 35 YEARS

CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA

Healing in MOTION

STRENGTH, RECOVERY & COMMUNITY FITNESS FOR NEW CANCER SURVIVORS

Cancer treatment may be over, but recovery continues. Safe, guided exercise can help rebuild strength, improve energy, and restore confidence — and we're here to support you every step of the way. Healing in Motion is a 8-week exercise and wellness program designed specifically for cancer survivors who recently completed treatment. Classes focus on improving strength, balance, flexibility, mobility, and overall well-being in a safe, welcoming environment. This program offers adaptable exercises for all fitness levels. **Please consult your oncology team before participating in the program. All participants will be asked to complete a waiver form prior to enrollment.**

8 IN-PERSON SESSIONS EVERY TUESDAY, 12-1PM
1/19 (TUE) TO 3/9 (TUE)

1:1 ASSESSMENT SESSIONS WILL BE 1 WEEK PRIOR

LOCATION:
4195 E. THOUSAND OAKS BLVD., #107 WESTLAKE VILLAGE, CA 91362

SARA RICHARDSON, ACSM-ACS EXERCISE ONCOLOGY SPECIALIST



Sara Richardson is an ACSM/ACS Certified Exercise Oncology Instructor with more than 25 years of experience in the health and fitness industry. For the past four years, she has led programs helping cancer survivors build strength, confidence, and resilience through safe and supportive exercise programming. Sara is passionate about creating an inclusive environment where every participant feels encouraged, empowered, and supported throughout their recovery journey.

Sponsored By Rotary Club Thousand Oaks