



Strength and Stretch

Strength training using light to moderate weights, bands, and your own body weight will help combat the side effect of bone loss from chemotherapy. This class will enhance body strength, balance, and flexibility.

No registration necessary, just drop in.

- Dates:** Every Wednesday
- Time:** 2:30 pm - 3:30pm
- Location:** Bay Club Courtside
14675 Winchester Blvd.
Los Gatos, CA 95032
- Questions:** Email cancersupportivecare@stanfordhealthcare.org
Call **650.725.9456**