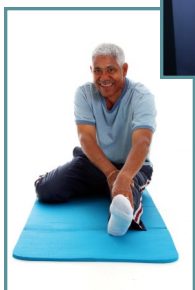
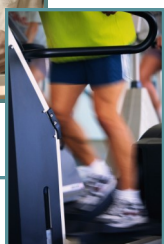


THE GATHERING PLACE

A Caring Community for Those Touched by Cancer

STRENGTH TRAINING FOR PROSTATE CANCER

A FOUR-WEEK EXERCISE PROGRAM FOR MEN WITH PROSTATE CANCER



- **Learn safe effective strength training activities**
- **Develop a strong core foundation**
- **Practice the best exercises for bone health**

Mondays

January 9, 16, 23 & 30, 2012

6:30-7:30PM

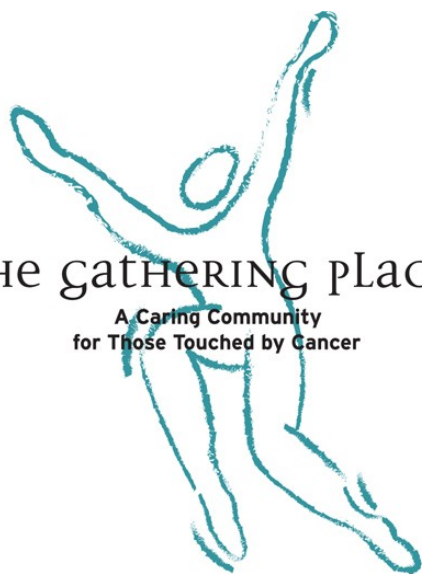
The Gathering Place

Richman Family Wellness Center

23295 Commerce Park, Beachwood

the gathering place

A Caring Community
for Those Touched by Cancer



Advance registration and a physical assessment with Beth Roth required

Call 216-595-9546 to register

The Gathering Place is a caring community that supports, educates and empowers individuals and families touched by cancer through programs and services provided free of charge.

Visit www.touchedbycancer.org for more information or call 216-595-9546