# DEC 2026



CANCER STRONGHER™
find your fight

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## FEMALE CANCER WARRIORS!

It's time to turn survivorship up a notch and have fun being active!
Cancer StrongHER provides free fitness, wellness, and active-lifestyle classes for females survivors of ALL cancers.

### UPCOMING CLASSES & EVENTS

| DATE | TIME | ACTIVITY | LOCATION |
|---|---|---|---|
| 12/2/26 Wed | 6:30 pm | Mahjong Open Play | Cancer StrongHER Studio |
| 12/4/26 Fri | 6 pm | Pickleball | Chicken N Pickle – Grapevine |
| 12/5/26 Sat | 11 am | Yoga | NRH Centre |
| 12/6/26 Sun | 12:30 pm | Experienced Tennis Drill | The Birch Racquet & Lawn Club |
| 12/8/26 Tue | 7 pm | Light Weights & Stretch | Cancer StrongHER Studio |
| 12/9/26 Wed | 1:30 pm | Restorative Yoga | Cancer StrongHER Studio |
| 12/9/26 Wed | 7 pm | Line Dancing | Cancer StrongHER Studio |
| 12/10/26 Thu | 7 pm | Cancer StrongHER Holiday Party | Cancer StrongHER Studio |
| 12/12/26 Sat | 12 pm | Pilates | 3C Pilates |
| 12/13/26 Sun | 11 am | Yin Yoga & Foam Roller Stretch | Cancer StrongHER Studio |
| 12/13/26 Sun | 12:30 pm | Beginner Tennis Lesson | The Birch Racquet & Lawn Club |
| 12/14/26 Mon | 7 pm | Just MELT: Lymphatic Massage & Sound Bath | Cancer StrongHER Studio |
| 12/15/26 Tue | 7 pm | Feel-Good Hip-Hop | Cancer StrongHER Studio |
| 12/16/26 Wed | 7 pm | SHiNE Dance Fitness | Cancer StrongHER Studio |
| 12/20/26 Sun | 11 am | Functional Fitness | Crossfit OTL |
| 12/20/26 Sun | 12:30 pm | Experienced Tennis Drill | The Birch Racquet & Lawn Club |

### HOW TO REGISTER

You can get more information about registering for these classes on our website at www.cancerstrongher.com, our Facebook event page at facebook.com/cancerstrongher, or send an email to info@cancerstrongher.com. We can't wait to see you!