NOV 2026



CANCER STRONGHER™
find your fight

www.cancerstrongher.com
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info@cancerstrongher.com

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
11/1/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
11/3/26 Tue	7 pm	Light Weights & Stretch	Cancer StrongHER Studio
11/4/26 Wed	6:30 pm	Mahjong Open Play	Cancer StrongHER Studio
11/6/26 Fri	6 pm	Pickleball	Chicken N Pickle – Grapevine
11/7/26 Sat	11 am	Yoga	NRH Centre
11/8/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER Studio
11/8/26 Sun	12:30 pm	Experienced Tennis PRACTICE PLAY	The Birch Racquet & Lawn Club
11/11/26 Wed	1:30 pm	Restorative Yoga	Cancer StrongHER Studio
11/11/26 Wed	7 pm	Line Dancing	Cancer StrongHER Studio
11/14/26 Sat	12 pm	Pilates	3C Pilates
11/15/26 Sun	11 am	Functional Fitness	Crossfit OTL
11/15/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
11/16/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER Studio
11/17/26 Tue	7 pm	Feel-Good Hip-Hop	Cancer StrongHER Studio
11/18/26 Wed	7 pm	SHiNE Dance Fitness	Cancer StrongHER Studio

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!