

**NOV
2025**



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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 and active-lifestyle classes for females survivors of ALL cancers.

UPCOMING CLASSES & EVENTS

DATE	TIME	ACTIVITY	LOCATION
11/2/25 Sun	11 am	Yin Yoga & Foam Roller Stretch	The Keller Pointe
11/3/25 Mon	7 pm	Melt Lymphatic Foot Massage & Sound Bath	Cancer StrongHER
11/8/25 Sat	12 pm	Pilates	3C Pilates
11/9/25 Sun	11 am	Functional Fitness	Crossfit OTL
11/9/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
11/10/25 Mon	6 pm	Light Weights & Stretch	Cancer StrongHER
11/11/25 Tue	6:30 pm	Feel-Good Hip-Hop	Cancer StrongHER
11/12/25 Wed	6 pm	Holiday Ornament Making	SunMed CBD Store, Keller
11/14/25 Fri	6 pm	Pickleball	Chicken N Pickle Grapevine
11/15/25 Sat	11 am	Restorative Yoga	NRH Centre
11/16/25 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
11/20/25 Thu	7 pm	Zumba	NRH Centre
11/23/25 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!