OCT 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
10/3/26 Sat	12-6 pm	BREWS FOR BOOBS	Three Wide Brewing
10/7/26 Wed	7 pm	Line Dancing	Cancer StrongHER Studio
10/9/26 Fri	6 pm	Pickleball	Chicken N Pickle – Grapevine
10/10/26 Sat	12 pm	Pilates	3C Pilates
10/11/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
10/13/26 Tue	7 pm	Light Weights & Stretch	Cancer StrongHER Studio
10/14/26 Wed	6:30 pm	Mahjong Open Play	Cancer StrongHER Studio
10/17/26 Sat	11 am	Yoga	NRH Centre
10/18/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER Studio
10/18/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
10/19/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER Studio
10/21/26 Wed	7 pm	Halloween Fun Dance Fitness	Cancer StrongHER Studio
10/23/26 Fri	7 pm	Feel-Good Hip-Hop	Cancer StrongHER Studio
10/24/26 Sat	1 pm	SPENGA	SPENGA – Saginaw
10/25/26 Sun	11 am	Functional Fitness	Crossfit OTL
10/25/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
10/28/26 Wed	1:30 pm	Restorative Yoga	Cancer StrongHER Studio
10/28/26 Wed	6:30 pm	Mahjong Open Play	Cancer StrongHER Studio
10/29/26 Thu	6:30 pm	Hiking	Parr Park Art Rock Trail

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!