Cancer Survivorship Group Exercise

Northwest Cancer Specialists Educational Series

TO REGISTER:

This event is FREE and open to the public. Space is very limited and registration is required. Please call or email Lila Mah-Kuhn to reserve your space.

(360) 944-9889

Lila.Mah-Kuhn@usoncology.com

Instructors

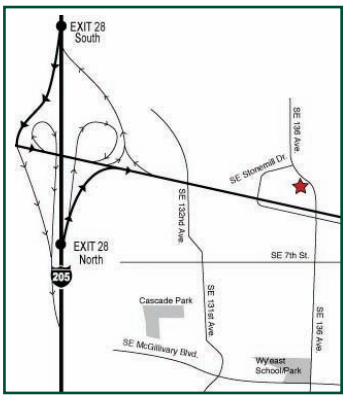
Holly Hobson, CPT

Holly is a certified member of the National Strength and Conditioning Association and has an Associates of Applied Science degree in Fitness Training from Clark College. Holly's professional accomplishments include one-on-one personal training, group fitness class instruction and aiding clients in changing nutritional habits to improve overall health.

Laura Echtinaw, LPTA

Laura is a certified STOTT REHAB PILATES™/® Instructor, Cancer Exercise Specialist, and a Certified Lymphedema Therapist. She combines Pilates with more than 25 years of experience as a Licensed Physical Therapist Assistant to help cancer survivors and post-rehab clients increase their strength, flexibility and quality of life. Presently she works at Southwest Washington Medical Center's, Rebound Physical Therapy, Weight Loss Surgery Center, The Kearny Breast Care Center and Pilates Plus in Vancouver. Laura is educated through the Rocky Mountain Cancer Rehabilitation Institute at the University of Northern Colorado.

Group Yoga, Stretching & Pilates Classes



NCS – Vancouver Cancer Center Location

Yoga/Stretching class will be held every other Wednesday beginning January 20th from 5:30 – 6:30 pm.

Pilates class will be held every other Wednesday beginning on January 27 from 6:30 – 7:30 pm.

Northwest Cancer Specialists
Vancouver Cancer Center
210 SE 136th Ave
Vancouver, WA 98684

Join Northwest Cancer Specialists patients, staff, friends and family members for FREE yoga, stretching and Pilates classes.

Benefits include:

- **Increased flexibility, strength and muscle tone**
- **Breathing exercises help alleviate stress and tension**
- **Increase circulation and oxygen consumption**
- **And…it is FUN so please JOIN US!**

Northwest Cancer Specialists