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Sponsored By



Suttons Bay 2020 Classes

	Winter	Spring	Summer	Fall
From:	Jan. 14	April 7	June 30	Sept. 8
To:	March 19	June 11	Aug. 27	Nov. 12

Duration: 10 weeks

Location: Body Balance of Suttons Bay

Days: Mondays and Wednesdays

Time: 11:00a.m. - 12:00 noon

This program is sponsored by Body Balance of Suttons Bay and is offered as a community service free to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors two years post treatment. The program runs for 10 weeks. Post assessments will be scheduled at the end of the program.

Please complete your health history and waiver and have a physician sign the release form. Once these are completed, please send the information back to:

Body Balance of Suttons Bay
Attn: Journey Program
P.O. Box 658
Suttons Bay, MI 49682

Once we receive your documents, we will call you to schedule your initial assessment which must be completed prior to program start date.

Thank you!

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Journey: Cancer Exercise Wellness Program