

CANCER WELLNESS WORKSHOP

A Program Instructed by Mark Lebos, M.A.

Host of Discovery Channel's "FitTV House Calls"

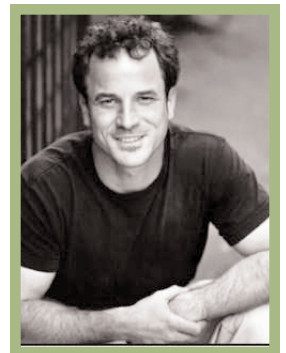
- Reduce
- Cancer-related Fatigue
 - Stress • Anxiety • Depression
 - Treatment-related Side Effects
- Increase
- Self Esteem
 - Strength & Stamina
 - Quality & Length of Survival

This four-week cancer wellness workshop meets twice per week for one hour.

Receive training and education on fitness, nutrition, & meditation. Get your "Fitness Prescription for Life" with Mark Lebos, MA

MARK LEBOS SPECIALIZES IN EXERCISE PRESCRIPTION FOR:

- CANCER WELLNESS & EXERCISE
- PAIN MANAGEMENT & ORTHOPEDIC POST-REHAB
- DIABETES / CARDIOVASCULAR DISEASES
- WEIGHT MANAGEMENT



Mark has 13 years experience in Fitness & Rehabilitative Medicine • a BSEd and MA in Exercise Physiology • Certified through ACSM • for more information - contact Mark @

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