HEALTHY LIVING FOR BREAST CANCER SURVIVORS

March 30, 2019 1:00-3:30

90 River Front Drive, Pittsburgh, 15222

Hearts of Steel practicing on the Allegheny River

You are invited to join Pittsburgh Hearts of Steel Dragon Boat Team for a free fitness and nutrition seminar specially designed for the breast cancer survivor. Did you know that you are a survivor the minute you are diagnosed?

Highlights:

*A certified nutritionist will give us professional advice on foods to help us heal and thrive and teach us simple ways to feel in control when so many things feel out of our control.

*A yoga instructor will show you how EVERYONE and EVERY BODY can incorporate a little bit of yoga into their daily lives. Yoga is practiced in many different ways, some of which can be intimidating. Even a little bit of yoga brings a lot of self-love!

*Dress comfortably (ie: workout clothes, jeans/tee)

*The afternoon will wind down with light refreshments and social time ~ our favorite part! Come see why Pittsburgh Hearts of Steel has become a "happy place" for so many breast cancer survivors.

PITTSBURGH HEARTS OF STEEL BCS

HEARTS OF STEEL PITTSBURGH
A BREAST CANCER SURVIVOR DRAGON BOAT TEAM
90 River Front Drive, Pittsburgh, PA 15222
www.heartsofsteelpittsburgh.org

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