



Announcing our newest location:



DR Semmes Family YMCA at TriPoint
3233 N. St. Mary's
San Antonio, TX 78212-3579

New Schedule Effective June 1st

Monday	10:00 a.m.	Move to the Beat
Tuesday	6:00 p.m.	Tai Chi
Wednesday	10:00 a.m.	Zumba
	11:00 a.m.	Nutrition class will be held on June 16 th *
		*normally this will be held on the second Wednesday of each Month
Thursday	10:00 a.m.	Move to the Beat
	6:00 p.m.	Yoga – Please bring a yoga mat

Please remember to *bring water to every work out session!*

Deriving Inspiration & Vitality through Activity (DIVA) is a nutrition and exercise program for women with breast cancer created to provide them with with life-saving opportunities for improved health. **All classes are provided free of charge to breast cancer patients and survivors.**

Benefits of exercise for the breast cancer survivor include reducing the risk of lymphedema, improving range of motion, improving cardiovascular endurance, increasing strength and lean body mass, reducing the risk of osteoporosis and improving self image. Exercise can also reduce many of the side effects of hormone therapy and chemotherapy.

For more information on how you can enroll in classes call 210-593-2669 or www.thrivewell.org

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The San Antonio Affiliate of Susan G. Komen for the Cure



ThriveWell Cancer Foundation provides support for the health and well-being of persons with cancer through programs, cancer research and financial assistance.