

# Recovery & Rejuvenation Research Study



Want to reclaim your energy following breast cancer treatment?

We offer eight weeks of **free classes** that may help!

## We are looking for women who are:



- Stage 0 - 3 breast cancer survivor
- Between 45 - 75 years of age
- Within 6 months — 10 years past final treatment

You'll receive \$70 in gift cards  
for your participation.

You'll be randomly assigned to one of three  
classes:

- Two groups will learn gentle movements.
- One group will learn from readings designed to educate and support.

## 2019 LOCATIONS and CLASS SCHEDULES

**Phoenix:** June 4 - July 30, Tues am, 12th St. & Thomas Rd, Foundation Senior Living

**Scottsdale:** July 10 - Aug 28, Wed am, 60th St. & Thomas Rd., Gardens of Scottsdale

**Awatukee:** Aug 1—Sept 19, Thur am, 11002 S. 48th St. Mountain View Lutheran Church

**Tempe:** Sept 21 - Nov 9, Sat am, Elliot Rd. & McClintock Dr., Children's Dental Village

**Call (602) 496-2329**



**Email: [RnR@asu.edu](mailto:RnR@asu.edu)**