



rec**CARES**

Cancer Recovery Support

An active focus on wellness to help survivors thrive

Physical Activity

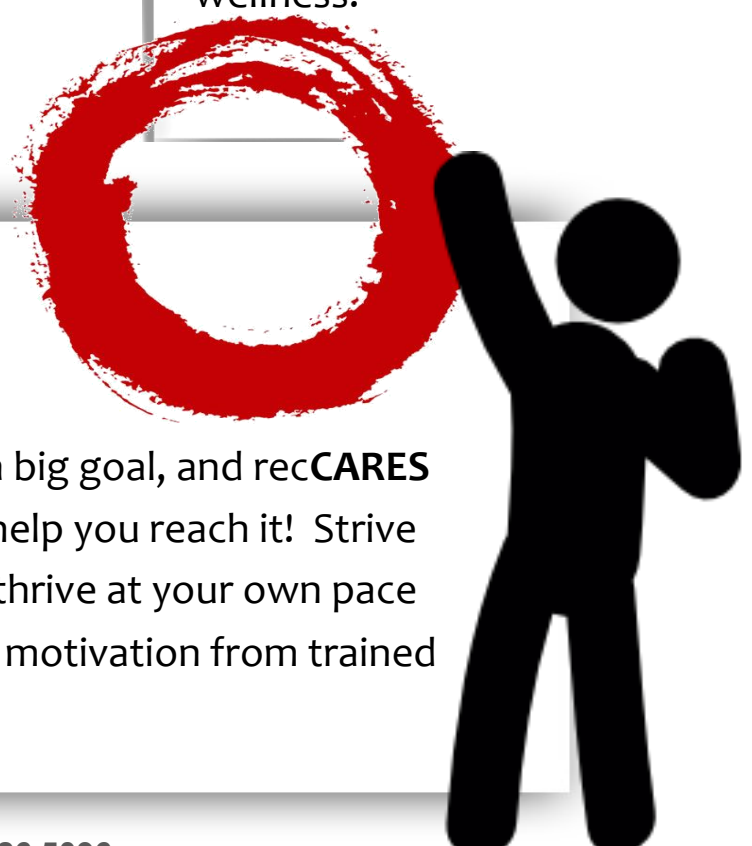
Low impact movement boosts healing! Our recCARES members walk, stretch, reach and recreate a routine to fuel their recovery success.

Social Connections

Mind and body healing go hand-in-hand. Our recCARES members find common ground while they focus on healing and wellness.

**LET'S
DO
THIS!**

Set a big goal, and rec**CARES** will help you reach it! Strive and thrive at your own pace with motivation from trained



recCARES

Recovery Focus on ...

Cardio Function

Muscle Tone

Stress & Fatigue

Balance

Flexibility

Coping Skills

At the core of recCARES is a three-month membership to engage and support cancer survivors at Lititz recCenter during their recovery. Physical and social activity are critical to regaining wellness and strength and to overcoming side effects of some treatments. Membership at Lititz recCenter is complimented with recCARES activities and a program Ambassador who can help set goals and target activity to fit a patient's recovery needs and interests.

recCARES Membership at Lititz recCenter

Enjoy all of the benefits of membership at Lititz recCenter for an initial 12 weeks, plus:

- **Select from Group Classes for social support** - low impact cardio, low impact strength training, body & mind, aquatics, and spin
- **Weekly recCARES Walk & Talk sessions**
- **Personal Training with certified staff** to customize a recovery plan

Gym/Track ■ Fitness Center ■ Indoor Deep Lap Pool ■ Indoor Zero-Entry Pool ■ Spin Studio

Introducing: **Sue Rohrer, recCARES Ambassador**

Sue is a certified Personal Trainer who is excited for a new opportunity to combine her professional background in Aquatics and Fitness programs to work with recCARES participants. Sue has worked with fitness clients for more than 20 years and has been part of the Lititz recCenter team for three years.

Connect with Sue or Simon Ababou, Fitness Director at Lititz recCenter to learn more about recCARES!

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Get started in recCARES!

Contact the recCARES team at Lititz recCenter to visit, learn more, and get started to reach your recovery goals.

717.626.5096 ext 239 - SimonAbabou@lititzrec.com

