



# PALS FOR LIFE

PHYSICAL ACTIVITY & LYMPHEDEMA

## Breast Cancer Survivor Program

Arena Club Master Trainer, Patricia Marks, is the only trainer in Harford County qualified to conduct the PALS for Life program.



*Patricia Marks*

**MONDAYS**  
**APRIL 7 - JUNE 2**  
**5:30 - 6:30 PM**

The PALS for Life program will give women empowerment over their own bodies and help them build the strength and endurance to move forward!

This 8 week program is geared toward cancer survivors and patients with an emphasis on strength training to replenish muscle mass lost during treatment.

The program will follow a slow, progressive, weight lifting twice a week that includes upper and lower body exercise in a small group setting with other PALS.

**Register online at**  
**[www.thearenaclub.com](http://www.thearenaclub.com)**  
**or call**  
**410-734-7300**

**Members \$149**  
**Non-members \$194**

