

RESTORATIVE MOVEMENT

1st and 3rd Thursdays of each month

Beginning February 5th

10:00–11:00 AM

Enjoy gentle, guided movements designed to improve balance, strengthen muscles and bones, and enhance flexibility and range of motion—all at a pace that feels comfortable to you.



St. Luke's Hospital Cancer Center
Conference Room 360 East
232 S Woods Mill Rd
Chesterfield, MO 63017

**Drop in Live or register
for Zoom** Session on
Program Calendar at
www.cancersupportstl.org

