



survive & thrive![™]

A training experience for the health and fitness professional supporting strength and vitality *after breast cancer.*

Spring Training Workshop*

Saturday, May 5, 9 am - 5 pm

Sunday, May 6, 9 am - 5 pm

*IPTA Approved for **13 CE Hours**



SD REHAB

RESTORE ÷ REVITALIZE ÷ RENEW

Chicago, Illinois

www.sdrehab.com 773.477.7599



Millions of women
survive breast cancer
every year.

The statistics are staggering—
one in seven women will be diagnosed with
breast cancer this year. The good news is that
many of these women are responding positively
to the latest treatments. But once they complete
their prescribed therapies, many women are
unaware of the long-term effects their surgeries,
chemotherapy and radiation will have on their
bodies. Community-based health and fitness
professionals are essential in the path
of recovery for these women.

Discover how to help them become stronger.

More flexible. More vital.

*After my breast cancer treatments, I needed to learn
to manage a body that is decidedly different than before
the medical procedures. I was very uncertain as to how
to rebuild my strength. Stephanie had the skills and
information to help me to develop a full exercise program.*

DIANE, 48-YEARS OLD, BREAST CANCER SURVIVOR

www.sdrehab.com

773-477-7599

The course that can
change your life—
and the lives of others.

It takes a special touch and an understanding way
to help women who have survived breast cancer.

They are ordinary people who have overcome
extraordinary circumstances. For them, healing
is part of everyday life— their physical,
mental and spiritual well-being.



*Join Stephanie Davies’
Survive & Thrive!™
Program*

For more than 12 years, Stephanie Davies has been treating cumulative trauma injuries and orthopedic and neurologic conditions. Her specialty focuses on the specific complications resulting from breast cancer treatments. To maximize the quality of her patients’ lives, Stephanie has developed a program that targets their loss of strength, flexibility and endurance through exercise, and safely monitors for secondary problems, including lymphedema. Now she wants to share her knowledge with you.

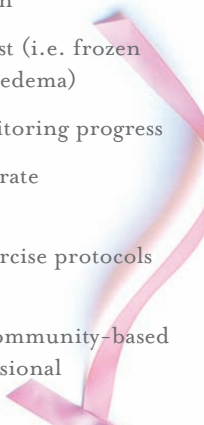
*Stephanie is both knowledgeable and kind—
a great encouragement for the out-of-shape. She
helped me to rebuild muscle-tone and stamina following
a difficult surgical and chemotherapy experience.*

SARA, 40-YEARS OLD, BREAST CANCER SURVIVOR

Over the course of two days, you'll obtain the support you'll need to successfully and confidently guide these women through a safe exercise and fitness program, while learning how to care for the physical and emotional effects patients experience during breast cancer treatment.

Course materials include: course manual, resource list and assessment guidelines.

COURSE CONTENT:

- Functional anatomy review (including musculoskeletal, neurological and lymphatic systems)
 - Surgical clarifications, tumor removal and reconstruction
 - Physical and emotional benefits of exercise from diagnosis to treatment completion
 - Secondary problems that may exist (i.e. frozen shoulder, sensory loss and lymphedema)
 - Simple assessment tools for monitoring progress
 - Use of imagery in successful accurate exercise programming
 - Stretching and strengthening exercise protocols and their progression
 - Clarification of the role of the community-based specialist versus the health professional
 - And more...
- 

ABOUT STEPHANIE DAVIES

Stephanie has been treating patients since graduating from the University of Illinois in 1993. With her degree in occupational therapy, Stephanie has been employed in various Chicagoland hospitals and out-patient rehabilitation clinics, including Northwestern Memorial Hospital Lymphedema Treatment Center where she gained a valuable understanding of the unique needs of women undergoing breast cancer treatment. She has taught numerous classes in both the hospital and surrounding communities to educate and encourage women to move forward in their lives by moving past their physical limitations and fears. She now owns and operates a private community-based practice in Chicago.

REGISTRATION FORM:

The Survive and Thrive![™] program is intended to train Pilates instructors, GYROTONIC[®] instructors, personal trainers, ATC, PT, OT, and other related health and fitness instructors on the most effective fitness techniques available for breast cancer survivors. **The cost is \$450.00 for a two-day course, located at SD Rehab, 1962 North Bissell Street in Chicago. Future dates to be announced.**



Please fill out this form completely and send with check to:
**Stephanie Davies, c/o SD Rehab, 1962 North Bissell Street,
2nd floor, Chicago, Illinois 60614. For more information,
go to www.sdrehab.com or call 773.477.7599.**

Name

Address

City

Zip

Phone

Email



SD REHAB

RESTORE ✦ REVITALIZE ✦ RENEW

1962 North Bissell Street, Chicago, Illinois 60614

survive & thrive!TM

A training experience for the health and fitness professional supporting strength and vitality *after breast cancer.*