



# Healthy-Steps

*Moving you to better health with the Lebed Method*™

- When:** Wednesdays 5:30 - 6:30 pm  
**Where:** Dr. Richard C. Ostenson Cancer Center  
400 15th Avenue SE, Puyallup, WA 98372  
**Cost:** Free!

Healthy-Steps™, *Moving You to Better Health with the Lebed Method*, is a therapy, exercise, and movement program done to lively music that is designed to help you thrive! This program is brought to you by MultiCare Regional Cancer Center and is a wellness program for everyone, regardless of health, age, or ability level. It can improve your overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. Wear comfortable, layered clothing.

*For anyone affected by cancer...*

*This free class is offered on a drop-in basis. For more information please call the Resource Center at 253.697.4899*



Our instructor is Melanie Hendershot, R-YFT. She is certified in a variety of fitness formats, including Healthy Steps™, for both youth and adults. She states, "I believe we need to be healthy not only physically, but in mind and spirit as well."