

I'm writing to you regarding the Exercise for Energy class held each Saturday in Mountain View. I was diagnosed with Inflammatory Breast Cancer in August of this year. I've had 8 sessions of chemo and on 11/19 had a double mastectomy with lymph node removal. Mid December I'll start radiation. I've attended 4 of the exercise for energy classes to date, and have LOVED every single one of them. Here is why this program is SO important to me:

- Motivates me to get off the couch and be in a secure environment with women that understand
- Makes me feel energized during and after the class
- Joanna Losito's background as an Oncology Physician Assistant, puts my mind at ease that this class is tailored for cancer patients like me
- Deanna the Certified Movement Therapist/Educator and her husband Peter a skilled Arts Educator/Musician/Composer make the class invaluable to me and it can't be compared to any other exercise class I've ever taken. They are so in sync with their music and the movements during the exercise, it's uncanny. All I can say is you need to attend/watch one class to understand the full impact of what they bring as a couple to our class.
- I was so motivated to go, I had my Mom drive me 9 days after my surgery, I just didn't do any upper body work. This was Thanksgiving weekend so you think people would be busy, but the class was packed which just shows how women "make" the time for this class. It's important to a lot of us!!!!

Thank you for your time and I sincerely appreciate you offering this class to patients like me.

Best regards,

Caryn Linn

cismom13@gmail.com

[\(408\) 313-3125](tel:(408)313-3125)