

Just want to let everyone know how much the Exercise 4 Energy class means to me. Joanna has been leading this class for 10 years & I have been enjoying attending for about 9 years. It's the first thing on my mind each Saturday to go and be uplifted by the Joanna's energy, caring, medical expertise, support & fun exercise. And since Deana & Peter have been part of the magic threesome, it has all been amazing. Each one adds a different aspect of importance to my well-being. Deanna whose expertise in a variety of movements starts off the class with wonderful stretching exercises & continues on with different disciplines of movement that incorporate balance & strength.

And to add to all this unique experience, there is Peter's wonderful music which accompanies whatever movement is going on.

It is an amazing class that is so needed as you go through the darkness of Cancer & the lightness of survival. I am truly grateful to be part of this amazing class. And I so hope that it will continue for many years to come as it is an essential support mentally & physically for the women going through the challenges of cancer.

Thank you for your support,  
Ruth Adams