

CHICS NEWS

Celebrating Hope in Cancer Survivors



Through the years we have grown by the number of attendees at our monthly meetings. We continue to produce and distribute a quarterly newsletter, participate and plan local events, and established a Phone Bank, which is used

as a support resource for newly diagnosed breast cancer patients. We also provide and fill tote bags with information for newly diagnosed women that are distributed through the breast center.

UP COMING EVENTS

Sunday, May 13th



Join other breast cancer survivors and forever fighters at the Philadelphia Museum of Art this coming Sunday for a 5k Walk or Run in honor of all breast cancer survivors and forever fighters. For More Info Visit: <https://runsignup.com/Race/Komen5K/Page-13>

UP COMING MEETINGS

June 12th



Patricia Gadsden, director of the Life Esteem Wellness Center. She will speak on various programs including health, wellness and survivorship!

July 10th



Ice Cream Social- Bring your favorite topping for a night of ice cream & sharing!

August 14th



TBD

*Optimism is the faith that leads to achievement.
Nothing can be done without hope and Confidence!*

News & Education Moving for Life

As part of our focus on the benefits of exercise in cancer prevention, Elaine Seckar a certified Moving for Life instructor and cancer exercise specialist will be educating CHICS on Moving for Life's somatic based dance exercise program. This program is supported by research that confirms and supports that engagement in therapeutic dance improves quality of life, speeds up recovery time, enhances survivorship, and reduces the chances of recurrence

(Moving for Life, 2018). Moving for Life's mission is to help people challenged by cancer and aging through free and low-cost dance exercise classes offered various locations throughout the world, our country, and centered in New York City.

A little bit more about the Moving for Life program is as follows: "We are movement therapists, exercise specialists, dancers, bodyworkers, psychologists,

News & Education Cont. Moving for Life

doctors and cancer survivors who promote and teach mindful movement as a means towards cancer recovery and prevention. Starting in 1999, Moving For Life™ pioneered the field of breast cancer recovery through exercise. Today we address the health/physical challenges of all people striving to prevent or recover from cancers of all types. Moving For Life™ is holistic and emphasizes self-awareness, self-respect and community. Our certified instructors receive over 100 hours of intensive training and are some of the most compassionate people you'll ever meet. While most of our instructors reside in the New York City area, we are proud to have instructors located in cities such as Amsterdam, Copenhagen, Tokyo and Vancouver” (Moving for Life, 2018).

Somatic based dance exercise classes from Moving for Life help breast cancer patients and survivors to focus on their post-treatment healing while being as active as possible, as exercise has been proven to prolong longevity and decrease recurrence of breast cancer. A typical Moving for Life dance exercise class focuses on the following:

- Easy breath-based warm-up and stretching – safely increasing the range of movement in the arms and legs.
- Exploration of breathing and movement exercises that are specially designed to reduce swelling (lymphedema).
- Reduce fatigue by dancing actively to upbeat music.
- Build physical strength using weights and therabands or one's own body weight and build mental

strength by challenging the brain, effectively helping to fight the effects of mental fog and confusion.

- Upbeat music and free movement serves as an antidote to depression, doing so with others counteracts isolation, two major social issues that breast cancer patients and survivors battle with throughout their lifespans (Moving for Life, 2018). For more information about this group or where else to attend classes, check out:

<http://www.movingforlife.org/home>



Notes:

