

# Kaiser GSAA Rehab Services Presents: Breast Cancer Class

- Direct bookable – PRC Oncology Rehab
- No charge
- Taught live – patients can speak with the physical therapist teaching the class
- Covers self care, activity guidelines, postures and exercises
- Patients have the option of scheduling individualized PT after completing the class
- Offered weekly: FRE 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays and/or Thursdays. UNC 2<sup>nd</sup> Fridays 4-5 and 4<sup>th</sup> Monday 11-12

