

## Session Title

Healthy Steps (Lebed) Exercise Session

## Session Summary

Objective:

To share the experience and benefits of the Healthy-Steps™ program as an interactive session. Focus will be on how the Healthy-Steps™ program helps those with lymphedema.

Benefits include:

- Increases range of motion
- Stretches out scar tissue
- Provides support in the reduction of lymphatic swelling through different movement modalities which will be explained
- Improvement of self-image
- Provides a support network
- Most importantly – it's FUN.

Plan of the Session:

- A brief history of the Healthy-Steps™ program
- A sample active class that is offered at Wellspring Calgary to those with cancer.
- A question & answer period to end the session

*Wear comfortable shoes. All exercise will be done sitting or standing.*



**Barbara Cunnings-Versaevel** is a long term Stage 3 breast cancer survivor (since 1990) and professional dancer/teacher of Healthy-Steps™ and her own program, Moves In Rhythm. Barbara, is a Cancer Survivor Mentor and publisher of an online magazine, the Cancer Help Hub. She is a co-founder of Wellspring Calgary, a community cancer support center and author of her upcoming book *'The Path to Wellness After Cancer: Insights of a Long Term Cancer Survivor'*. Barbara is an advocate of Lymphedema education and has available her free report ['Lymphedema – A Risk Forever: What you NEED to KNOW before it's too late'](#).