

FOR PROSTATE CANCER PATIENTS AND SURVIVORS...

Pelvic Floor Strengthening Class

Group meets twice a month:
Second and fourth Fridays

Instructor: John Malinowski, ATC, CET

Cancer Rehabilitation Program

Class reservations required: Please call John at 805.346.3413

To get started, participants need medical clearance from their physician; John will help to secure that.

Marian Health & Wellness Center

1207 East Main Street, Santa Maria

Treatment for prostate cancer may cause a range of side effects, which varies depending on the treatment and from person to person. Fortunately, there are ways to reduce or manage side effects. One effective strategy is to strengthen your pelvic floor with exercise. This new class is geared toward men coping with issues from prostate cancer such as urinary or fecal incontinence, weak core muscles and/or general deconditioning. Along with specific instruction during the class, participants will receive an exercise band and a home exercise plan to continue the exercises in between scheduled class meetings.



1325 East Church Street, Santa Maria, California | 805.219.HOPE (4673)
www.missionhopecancercenter.com

New
class!



Like us on Facebook:
**Mission Hope
Cancer Center**

