



Dr. Jill Gleason, PT, DPT, OCS

Building Strength after Breast Cancer

WEDNESDAYS (9:00 AM - 10:00 AM)

**IN-PERSON AT UCSF HEALTH AND WELLNESS CENTER
1675 OWENS ST, ROOM 195 | SAN FRANCISCO, CA 94158**

COST: \$85 BASELINE EVALUATION THEN \$20 PER CLASS

This class is designed to improve the strength and fitness for those during and following breast cancer treatment. Evidence supports that strength and conditioning is not only safe, but it provides improved energy and quality of life. We will provide a baseline assessment of cardiovascular fitness, strength, and mobility. This will be followed with a weekly small group class taught by Jill Gleason PT.