



Life with Cancer®



# BUFF BONES®

The movement system for fit bones

**Thursday, July 11 - August 15**

**11:30 AM- 12:30 PM**

**Life with Cancer at**

**Inova Fair Oaks Cancer Center**

**3580 Joseph Siewick Drive**

**Lower Level, Suite 005**

**Fairfax, VA 22033**

Fun and functional, this workout helps build stronger bones as well as tone and fine-tune major muscle groups for strength and total-body conditioning. You'll build strength by performing different types of movements using hand weights, bands, exercise balls and body weight.

Registration is required.

This class is free of charge. To register go to [www.lifewithcancer.org](http://www.lifewithcancer.org) or call 703.698.2526



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