



"Pink Complete is a must for every breast cancer survivor."

"I was not sure what to expect when I came, but this was amazing – I learned a lot."

"Pink Complete is wonderful."

"You made a huge impact in my life. Your passion, motivation, knowledge and experience are totally amazing. I now exercise faithfully!"

"Thank you so much for being so caring and making our experience a great one. I enjoyed this very much. I learned lots of new things. You are an excellent instructor!"

"Michelle showed me how to become stronger. The YMCA was a place for me to go to where I could talk to other breast cancer survivors in the Pink Complete Program. The Lebanon YMCA truly cares."

"I got to meet new friends and I learned a lot. You did a super job designing this unique program. Everyone in the program was great!"

Our PINK COMPLETE Program Coordinator, Michelle Remlinger is credentialed as an ACSM Cancer Exercise Trainer, Cancer Exercise Specialist, Breast Cancer Exercise Specialist, and Breast Cancer Wellness Coach"

PINK COMPLETE

Healthy Lifestyle Program for Breast Cancer Survivors From post-surgery through long term survivorship



Lebanon Valley Family YMCA

201 North 7th Street
Lebanon, PA 17046

717-273-2691

ALL NEW

A Complete Healthy Lifestyle Program for Breast Cancer Survivors

PINK COMPLETE

LEBANON VALLEY FAMILY YMCA



PINK COMPLETE is a “complete” healthy lifestyle program for breast cancer survivors, offering services from post-surgery through long term survivorship. Research shows that a healthy lifestyle, regular exercise and healthy nutrition are key components to regaining strength and helping to reduce the risk of cancer recurrence.

The Pink Complete program is FREE and designed specifically for either newly diagnosed or long term breast cancer survivors currently not in treatments. While held at the YMCA, membership is NOT required.

Program coordinator, Michelle Remlinger – Healthy Living and Group Exercise Program Coordinator at the Lebanon Valley Family YMCA – designed the program after watching several women battle cancer. Michelle has over 25 years of designing health and fitness programs, holds several cancer rehabilitation credentials and has worked passionately with cancer survivors for the past several years.

This 8-week program is offered April/May and October/November on Wednesdays at 7:15 PM, beginning the second Wednesday in April and the second Wednesday in October. These group sessions include cutting edge education, exercise programming, healthy nutrition and stress management. The Pink Complete team includes a registered dietitian, yoga instructor, meditation instructor, female pastor, music/art therapist and a licensed oncology social worker who is a breast cancer survivor. Register for this program using the attached form.



PINK COMPLETE MAINTENANCE is held once a month on the first Wednesday of each month at 7:15 PM for all survivors who have completed the Pink Complete 8-week Program. Pink Complete Maintenance offers a variety of exercise classes and health and fitness topics, focusing on long term health, fitness and wellness.



The **PINK RIBBON PROGRAM** is a post-surgery option and can begin 6-weeks post-surgery, or before if approved by your physician. Exercise is an important part of treatment and recovery. The Pink Ribbon Program helps stretch and strengthen the shoulder, chest, back and abdominals, allowing women to regain full range of motion to those areas affected by breast cancer surgery. This program is suitable whether your surgery was recent or several years ago, and accommodates all fitness levels. All 30-minute individual private sessions with Michelle are FREE, and safe to do during chemotherapy and radiation treatments. After completion of the Pink Ribbon Program, survivors are encouraged to attend the next Pink Complete 8-week Program once treatments are complete.

To schedule an appointment for The Pink Ribbon Program, contact Michelle Remlinger at: mremlinger@lebanonymca.org or 717-376-1391

PINK COMPLETE Registration Form

Name: _____

Address: _____

Phone: _____ DOB: _____

E-mail: _____

Approximate date of last chemotherapy or radiation treatment: _____

Please check the FREE 8-week session that you will be attending:

- APRIL/MAY
 OCTOBER/NOVEMBER

T-shirt size: XXL XL L M S

(Each participant in the 8-week session will receive a free t-shirt)

Please return the form to:

Lebanon Valley Family YMCA
Attn: Michelle Remlinger
201 North 7th Street
Lebanon, PA 17046

or call (717) 273-2691
with questions.

For more information
visit LebanonYMCA.org

