



EXTRA-TOUGHS: Mat-Su Valley

Extraordinary Transformation Towards GYN Health & Survivorship

A 12-week obesity intervention program for survivors of GYN & breast cancers through an integrative team approach to sustainable weight loss, healthy lifestyle, and survivorship.

Thanks to the amazing valley-area community partners who make this program possible!

Hosted by **AKTIVEBody** Nutrition with

GYM & FITNESS Palmer, Alaska



Anne Thomas
Trainer



Theresa Pipek
Trainer



Winona Benson
Nutrition Educator

Weekly Support Group led by

SEASONS OF LIFE COUNSELING, LLC



Sue Mayer
Support Group Facilitator

Cost: This program is offered for an all-inclusive rate of \$125/month. Sliding scale and scholarships are available.



The next 12-week cohort runs Mon., March 28th - Fri., June 17th, 2022!

Details: www.leteverywomanknow.org/extra-toughs/

Reach out with questions or to sign up: leteverywomanknow@gmail.com

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