



Hooping for Health

Led by Leanne Tingley
and Sam Allen, cancer
survivor and caregiver
extraordinaire

Because exercise should be fun!

**Mondays, February 6 - March 19
6:00-7:00pm**

**In the Heart Center Conference Room at
St. Charles Medical Center-Bend**

NO COST

Bring your own hoop, or hoops provided for class

Please RSVP: 541-706-3754 or mpjohnson@stcharleshealthcare.org