



## Neuropathy Exercise Series



A Free Virtual Workshop Presented by  
**Cancer Support Community Atlanta**



*Led by*

**Bev Stegman, CR, RYT**

Join us for special 5-part series to learn techniques to reduce neuropathy symptoms. In this class, participants will do gentle movement-based exercises focused on lower and upper extremities. Participants will complete the series with different tools to practice daily from the comfort their own home.

February 1, 8, 15, 22, and 29  
11:00 a.m. – 12:00 p.m.

**Virtual Only**

To participate, please register  
at [www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar).



Registration  
Calendar



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**CANCER SUPPORT  
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