

Healthy Steps: The Lebed Method



**MEDICALLY
BASED THERA-
PEUTIC DANCE
PROGRAM**

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**For CanCER Survi-
vors and those with
chronic illness:**

- **Fibromyalgia**
- **Chronic Fatigue Syn-
drome**
- **Multiple Sclerosis**
- **Parkinson's Disease**

Dance and Healing

- Internationally known program designed by two physicians and a dancer
- Recognized by the National Lymphedema Network and National Cancer Organizations.
- Movements designed to facilitate lymphatic circulation, range of motion and balance.
- Published studies support effectiveness.

**"Surviving is important,
But thriving is elegant"**