

# Family's Love Leads to World Renown Therapy

Dance movement has been used as therapy throughout the world for centuries. Dance helps us to release and express our deeper emotions, increases our sense of well-being, gives us a break from our troubles, helps shake off our lingering fears, and creates a sense that we belong. Dance continues to be used for therapy, celebration and in sacred tribal rituals around the world.

It is intriguing to see how dance in the life of Sherry Lebed Davis brought her to a place that makes a huge impact for those facing breast cancer, and how it all began with Sherry's heart-felt desire to help her mother when her mother was diagnosed with breast cancer. But the story doesn't end there, nor did it begin there: When Sherry was diagnosed with breast cancer, she experienced the benefit of the very program she designed for her mother, and once again, from someplace deep in her heart, Sherry knew she wanted to help people all around the world with the program that turned out to be the therapy her mom needed. Yet, the love of movement and music was first cultivated by Sherry's mom and today Sherry cultivates the love of movement in dance in others.

Sherry Lebed Davis' journey with breast cancer began with a family history of the disease. Her grandmother and two aunts had breast cancer and in 1980 her mother was diagnosed. Although her mother was treated successfully, her recovery had many challenges, both physically and emotionally. Sherry's desire to bring a smile back to her mother's face spawned a program and a business that now aids recovery for thousands of participants worldwide.

Both of Sherry's parents were professional ballroom dancers and their home was filled with music and dance. In Sherry's adult life, she too became a professional dancer. Her two brothers chose to be surgeons. Because Sherry and her brothers grew up in an environment that believed music and dance were beneficial components for healing body and mind, it felt natural for the Lebed siblings to design something



Participants always have fun with Healthy Steps

special for their mother based on movement, music and medical methodology.

Their goal was to improve their mother's physical range of motion, increase flexibility, improve balance, strength, and endurance, and bolster her emotional well-being and self-image and have fun doing it. Their mother was soon smiling again and her physical recovery improved after employing the program that was designed specifically for her by her children.

In 1996, Sherry was diagnosed and treated for breast cancer. Sherry used the same program she helped develop for her mother. While in the midst of her own treatment and recovery she was determined to help as many survivors as possible by teaching the program, 'Lebed Method', at local hospitals in the Seattle area. Along the way, Sherry wrote a book *Thriving after Breast Cancer: Essential Healing Exercises for Body and Mind*, and filmed two DVD's for home use.

The head of a breast cancer center at a major hospital in Philadelphia saw the need for the Lebed family program



Sherry Lebed Davis