



and children undergoing treatment or dealing with chronic illness.

"My brothers and I developed our program to empower our mother with the knowledge that her recovery could be in her own hands. She did not need to feel as though she was powerless and at the hands of a whimsy-less fate. Once she started incorporating what she loved to do which was to move to music, she regained her emotional equilibrium and that helped power her physical recovery as did mine," said Sherry.

"We as breast cancer survivors have psychological and physical scars that need to be addressed. After a diagnosis of breast cancer or any chronic condition, we need to feel we can and are doing something for ourselves - some-

thing we enjoy, that is pleasurable and that gives us results we can feel. I know this program meets all those needs and that is why I continue even with all my traveling to teach several Healthy-Steps classes a week myself so I can continue to know surviving is important but thriving is elegant. Smiles and laughter all around in our classes show me our program succeeds in our goals and in our attendees' goals. Empowerment to take charge of one's recovery need not be a lonely quest. By sharing and encouraging each other, we build a stronger foundation for continued recovery. And what better way than to have fun doing it!" said Sherry.

"See you in May on the 4th Annual Breast Cancer Survivors' Cruise.

Besides sharing some Healthy Steps together, we can learn more about each other and how we can continue to move forward with our lives with less pain and more joy." ■

For more information about Sherry's work and to order her book and DVD's: Healthy-Steps: The Lebed Method 14418 47th Place West Lynnwood, WA 98087 425.745.0842 Toll Free 877.365.6014 Fax 425.742.6873 info@lebedmethod.com www.lebedmethod.com www.gohealthysteps.com

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