



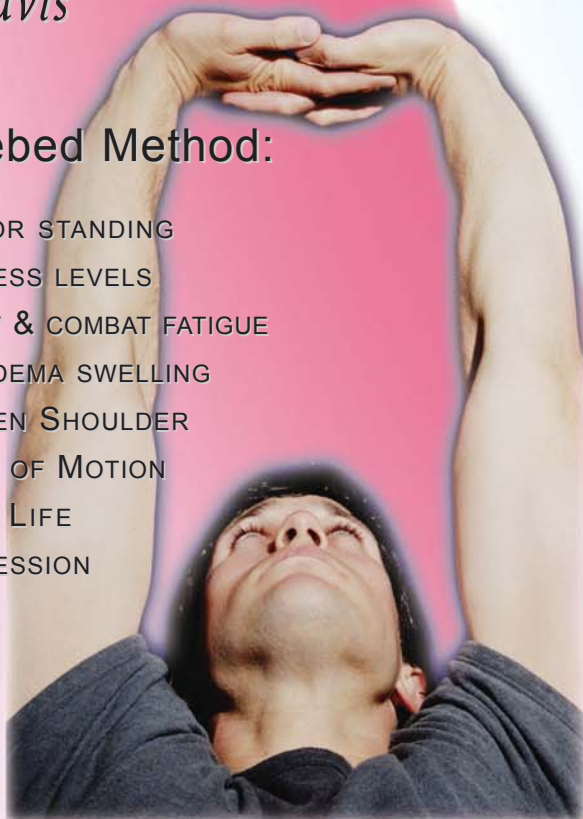
“The Lebed Method, Focus on Healing through therapeutic exercise and movement is for everyone with breast cancer, all cancers, Lymphedema, M.S., Parkinson’s, Fibromyalgia, and all chronic illnesses. We welcome you to our medically based program that is in more than 14 countries and has served thousands of people in those countries and is in more than 500 hospitals and centers worldwide.”

*Sherry Lebed Davis*

Founder and President

### Benefits of the Lebed Method:

- ✓ CAN BE DONE SITTING OR STANDING
- ✓ DESIGNED FOR ALL FITNESS LEVELS
- ✓ HELPS INCREASE ENERGY & COMBAT FATIGUE
- ✓ HELPS REDUCE LYMPHEDEMA SWELLING
- ✓ HELPS DECREASE FROZEN SHOULDER
- ✓ HELPS INCREASE RANGE OF MOTION
- ✓ IMPROVES QUALITY OF LIFE
- ✓ HELPS DECREASE DEPRESSION
- ✓ STRENGTHENS MUSCLES
- ✓ INCREASES FLEXIBILITY
- ✓ IMPROVES BALANCE
- ✓ FUN AND EASY TOO!



*The Lebed Method*

# THE LEBED METHOD, FOCUS ON HEALING

THROUGH  
THERAPEUTIC  
EXERCISE  
AND  
MOVEMENT



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