

# KNOCK OUT CANCER

Steiny's Restaurant & Banquet Hall:  
55161 Shelby Rd, Shelby Charter  
Township, MI 48316

RSVP to Marilyn Brozovic by Oct. 15  
Phone: 248-561-2027  
Email: brozovicm87@gmail.com



## COME LEARN ABOUT HEALTH AND WELLNESS...

Oakland University Physical Therapy students and faculty will be offering education on various topics of interest regarding the benefits of physical therapy and cancer survivorship. This is the first half of event at Steiny's, followed by boxing at TITLE boxing club.

**Date: Saturday, Nov 11, 2017**  
**Registration: Noon**  
**Event Begins: 12:30 pm**  
**Check in at Steiny's restaurant**  
**Event held at Title Boxing, Shelby**  
**End Time: ~ 3:00 pm**  
**Limited availability, first come first serve**

**WEAR COMFORTABLE WORKOUT CLOTHES AND  
TENNIS SHOES!**  
**WATER, FRUIT, AND PROTEIN BARS WILL BE  
PROVIDED!**  
**FEEL FREE TO BRING OWN WATER BOTTLE AND A  
SMALL TOWEL!**



## Ovarian Cancer Support Group

### HIT A PUNCHING BAG, BREAK A SWEAT!

- What will the boxing class entail?
  - 30 minutes total
  - 7.5 minute warm-up
    - Light aerobic exercises
    - Teaching of various punches and proper form
  - Four, 3 minute rounds of boxing with 1 minute of rest between each round
  - 7.5 minutes of core, stretching, and cool down
- \*\*\*Any and all exercises can be modified to accommodate for varying fitness levels and injuries, as there will be licensed physical therapists in attendance at the event.

