



What is **Healthy-Steps**, Moving you to better health with the Lebed Method?

Healthy-Steps, Moving you to better health with the Lebed Method, is a therapeutic exercise and movement program designed to help you thrive! Offering wellness programs for everyone, from young adults to seniors, regardless of health, age or ability level, the **Healthy-Steps** program improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. A specialized program for children, "Creative Rhythms", is even available to serve the needs of children with Cancer or other chronic illnesses or medical conditions.

Healthy-Steps is for anyone with:

- Breast Cancer or other forms of Cancer
- Lymphedema
- Arthritis
- Chronic Fatigue Syndrome
- Fibromyalgia
- Multiple Sclerosis
- Parkinson Disease
- Frozen Shoulder
- Other chronic or debilitating illnesses

Healthy-Steps classes are also available for

- General Wellness Programs
- Senior Health & Wellness
- Maternity Programs
- Aquatic Exercise

Healthy-Steps is offered in over 700 locations worldwide. Join us today, and take a step towards a healthier life.

Healthy-Steps improves the physical and emotional well-being of adults and children. Our goal is to elevate quality of life through therapeutic exercise and movement; healing body, mind and spirit. Two physicians and a dance movement specialist created this program to help people:



- Regain range of motion
- Increase flexibility
- Improve physical balance
- Help reduce swelling from Lymphedema
- Improve emotional well-being
- Promote positive self image
- Stabilize weight

"an excellent, long-overdue exercise tool for people with or without Lymphedema after Breast Cancer surgery."

Saskia R.J. Thiadens, Founder and Executive Director
National Lymphedema Network

"It is critical for women to start moving right away after treatment and that they continue moving if they are going to maintain their mobility. Sherry Davis's approach will make a big difference in the quality of life of women after breast cancer."

Susan M. Love, MD, Author of Dr. Susan Love's Breast Book

"I was devastated by the surgery; I just wanted to shrink into myself. The Lebed Method was a way to regain my physical balance so I could get back my emotional balance."

Judi, Breast Cancer Survivor

"The Lebed Method has helped me with my balance, strengthening my muscles and relieving pain in my joints. I can walk better, get up and down from sitting positions better after doing the program. I even have a little bounce in my step when I walk and look forward to the class each week."

Dorothy, age 82

Through dance, patients may experience the freedom of total body movement that enhances their adjustment to a new body image.

-DANCE TEACHER Magazine on FOH

For more information on **Healthy-Steps**,
Moving you to better health with The
Lebed Method, see us on the web at

www.gohealthysteps.com

or

www.lebedmethod.com

ABOUT THE FOUNDER

Sherry Lebed Davis is one of the foremost authorities on the use of movement for the healing and prevention of complications from breast cancer surgery and other related treatments. She is the co-founder, with Drs. Marc and Joel Lebed, of **Healthy-Steps**, Moving you to better health with the Lebed Method. Sherry was once a professional dancer and owned and operated several dance studios on the East Coast prior to becoming a Dance Movement Specialist. The Lebed Method was developed for their mother who had survived her breast cancer but fell into depression and limited arm mobility that impacted her quality of life. In 1996, the teacher became the student and the journey came full circle when Sherry herself became a breast cancer survivor and again in 1999 when she developed Lymphedema.

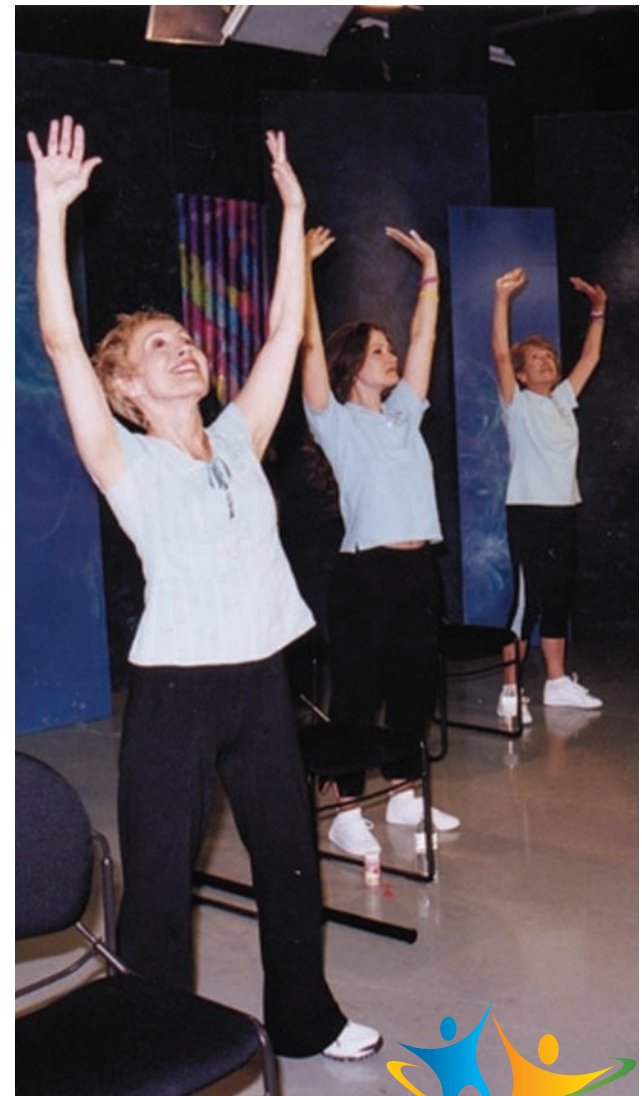
Sherry has authored the Book "Thriving after Breast Cancer, Essential Healing Exercises for Body and Mind"; the video "Focus on Healing through Movement and Dance for the Breast Cancer Survivor"; and the DVD "The Lebed Method Focus on Healing" a video program for anyone who wants to improve their physical, mental, and emotional well-being. She continues to publish articles on the benefits of the program, is written about in the media and travels across the country doing presentations and trainings for the Lebed Method, **Healthy-Steps**.

MEDIA

Over the years, under its former name The Lebed Method, the **Healthy-Steps** program has been featured in medical journals, newspapers including the *Miami Herald*, *Denver Post*, *Seattle Times*, and *New York Times*, national publications including *People*, *CURE*, *Oxygen*, and *Health* magazines, and featured on broadcast television programs including: *The Today Show*, *Lifetime Live*, *BBC America* and many more to be found on our website.



Sherry Lebed Davis and Dr. Marc Lebed
at the 2nd International Lebed Method
Conference in Chicago, 2009



The Lebed Method, Focus on Healing DVD is available through your instructor or on our website



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