We are looking for you!

You are eligible to participate if you:

- Have been diagnosed with Stage 0 to III breast cancer
- Are 6 months to 10 years past primary treatment
- Are 45-75 years of age

Here’s how to reach us if you’re interested

Telephone
(602) 496-2329

Email
Recovery.Rejuvenation@asu.edu

Website
larkeyresearch.weebly.com/research

Facebook
facebook.com/RecoveryandRejuvenation

We can overcome this together!

The Recovery & Rejuvenation Study may help you:

- Raise energy levels
- Improve mental clarity
- Improve feelings of well-being
- Find a support group of other breast cancer survivors

Consider joining the Recovery & Rejuvenation Study!

ASU IRB # STUDY00002889 | Approval Period 11/23/2016 - 8/1/2017
**Classes**
- Held for eight weeks
- One hour long
- FREE
- Taught by trained instructors

**Health Assessments**
- Before and after classes
- 24 weeks after classes end
- 90 minutes or less to collect

**Locations**
- NE Valley: Hope Lodge at the Mayo Clinic
- East Valley: ASU Polytechnic campus
- West Valley: ASU West campus
- Scottsdale / Tempe: ASU SkySong campus

**Goal:** to explore ways of improving your energy level through classes that are designed to help you find your way back to wellness.

As a participant in this study, you will be randomly assigned to one of three groups.

- Two groups will be coached through gentle, rejuvenating exercises.
- One group will meet to discuss readings designed to educate and support.

**Do you feel...**
- Less pep?
- Lack of energy?
- Worn out?
- Tired?

If you can relate OR feel an overall lack of wellness, then this study is designed for you.

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