

INSPIRATION



*DAYS*PA Supports
Breast Cancer Awareness

Calluna spa owner and breast cancer survivor Heather Ruck has brought Lebed Method therapy programs to her community.

thriving

Six years ago, just one day after receiving instructor training in the American Cancer Society's "Look Good, Feel Better" program to help breast cancer survivors, Heather Ruck received her own breast cancer diagnosis.

Then, after undergoing a mastectomy, chemotherapy and radiation treatments, the esthetician, healing arts practitioner and founder of Calluna Day Spa & Holistic Retreat in Seattle was diagnosed with lymphoedema. While most patients start a treatment program with physical therapists in a sterile setting to treat the swelling complications lymphoedema causes, Ruck discovered The Lebed Method "Focus on Healing" (FOH) program, incorporating traditional physical therapy movements into simple dance moves, uplifting music, costumes and fun. Ruck says the Lebed Method turned her into a breast cancer "thrivor." She became a Lebed Method instructor

and trainer and has been teaching classes at a local hospital for the past five years. "Some of the ladies in my class have participated for the entire five years," says Ruck. "Many share close friendships beyond the classroom and I'm continually inspired by their courage and compassion and the joy they bring to our group."

Ruck notes that many doctors overlook the devastating physical and psychological aftereffects of breast cancer, and traditional support groups are not for everyone. "A lot of women find support groups too depressing," she says. "However, they love the positive benefits of our FOH groups."

Fortunately, for the many cancer survivors burdened financially after treatments, FOH classes are usually sponsored by hospitals and fitness centers as a community outreach for survivors.

For more information on classes and instructor training, visit www.healingtherapy.us.