

out inflatable beach balls and moved them from side to side.

Sedro-Woolley resident Betty Stiles said the activities are a good supplement to walking at the mall.

“It’s good for me because I wouldn’t normally do these types of things at home,” said Stiles, who said she suffers from lymphedema, in which excess fluid collects in various parts of the body.

Burlington resident Karen Watson said the classes have helped her mind-set since chemotherapy.

“The chemo has affected my brain,” she said. “To accept that it’s OK – that’s what the class teaches me. I don’t have to feel sorry for myself.”

The class uses the Lebed Method of instruction, in which teachers use dance and laughter to help those diagnosed with certain health problems.

The method was devised at Albert Einstein Medical Center in Philadelphia in 1980 to help individuals dealing with lymphedema and recovering from breast cancer.

Specialists expanded the program in 1999. According to the program’s Web site, more than 400 instructors teach the class around the world.

United General spokeswoman Valerie Stafford said the class was first offered about a year ago through grant money from the Cancer Lifeline organization.

Because of the class’ popularity, the hospital continued funding the program.