



# VMS THRIVERS PROGRAM

**V Movement Specialists (VMS)**, owner and two-time super bowl champion Vaughn Hebron joined forces with the HCF to offer breast cancer survivors access to all the workout classes over an eight week period. Under the guidance of VMS fitness experts, breast cancer survivors become Thrivers as they work weekly to improve their physical stamina. Many Thrivers have reached such peak performance after the initial eight weeks that they have joined Vaughn's regular weekly classes. HCF reminds every breast cancer survivor that regardless of their age or fitness level – their body was made to move! The classes empower breast cancer survivors to become Thrivers. ***A cancer diagnosis can be a turning point in their life-for the better!***

**V Movement Specialists location:**

**105 Terry Drive Suite 114  
Newtown PA, 18940**

**Hours of Operations:**

**Monday – Thursday, 6 AM – 8:30 PM  
Friday 6 AM – 6PM  
Saturday 6 AM – 2 PM  
Sunday 6 AM to 12 PM**

***The first 8 weeks are on us!***

**Call Diane Manni (215) 620-8756 to assist you in joining.**

Please complete the following information and give the sheet to the fitness expert at VMS Movement Specialists when you attend your first workout class. This information is only for HCF records related to the VMS THRIVERS Program and will not be distributed to any other organization.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**To be completed by VMS Movement Specialist and included with the invoice to HCF:**

First Date of class attendance: \_\_\_\_\_