



# ENERGIZE AND THRIVE

## Fighting Fatigue for Cancer Survivors

Embark on a transformative 6-week journey with **Cheryl Syta, NP, a Certified Health Coach**, tailored for those navigating fatigue post-cancer treatment.

Do you often find yourself drained and unable to fully engage in life's moments?

Uncover hidden "energy stealers" affecting your vitality and explore solutions in nutrition, movement, sleep, and stress management.

Reclaim your energy and register now for this empowering class with Cheryl Syta, NP, Certified Health Coach. Revitalize your well-being and rediscover the joy of living fully in just six weeks.

**Dates:** Thursday, March 14, 21, 28 • April 11, 18, 25

**Time:** 5:30–6:30 pm

**Location:** Akira Medical Imaging + Wellness  
400 Patroon Creek Blvd. Suite 104 • Albany

**akira**  
MEDICAL IMAGING + WELLNESS

### Three ways to sign up for this no-cost class:

1. Call 518-300-3144
2. Email [cheryl@cherinhealth.com](mailto:cheryl@cherinhealth.com)
3. Scan the QR Code to reserve your spot or to learn more.



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