

Tennis for Life is an active support group for Breast Cancer Survivors:

- who have never played tennis,
- who haven't played in a while, or
- who play all the time...



*Marcia Devens
Founder
Tennis For Life*

Tennis for Life helps participants regain upper body strength and mobility while building stamina, endurance and morale.

Tennis for Life members enjoy playing tennis and lessons with a tennis pro, all for free, in a non-competitive environment. All player levels are welcome especially beginners.

In addition to playing tennis, members gather monthly to discuss cancer-related issues in a supportive atmosphere. Members may share feelings, and questions and concerns with others while getting useful information about nutrition, community support services, developments in breast cancer research, treatment and drug therapies.

We celebrate life, participate in community service initiatives, have guest speakers and programs that provide members with information and personal enrichment. Potential guest speakers include oncologist, radiologist, personal trainer, a holistic healer, sex therapist and genetic counselor. Group members can also decide potential speakers – this a program designed for and by the members!

More information on Tennis for Life organization can be found at www.tennisforlife.org or for local information, go to www.tennisforlifenc.org

Tennis for Life is brought to Wake County through a partnership with WakeMed Health & Hospitals, North Carolina Tennis Association, Raleigh Tennis Association and Western Wake Tennis Association.



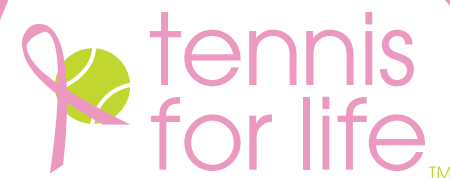
Alexis Johnson

(551) 804-9953

alexis.tennisforlifenc@gmail.com

www.tennisforlifenc.org

*It's time
to bounce
back...*



An active support group for
Breast Cancer Survivors

How to Join

You don't need fancy tennis clothes or a tennis racquet. You do need tennis shoes/ sneakers with light-color soles. The group is open to people in any phase of their breast cancer experience. If you are ready to join or would like additional information, please contact our coordinator:

Alexis Johnson (551) 804-9953 or
alexis.tennisforlifenc@gmail.com

Start today and enjoy FREE tennis and lessons with a tennis pro!

“Great physical activity, educational speakers, and camaraderie for support - a perfect mix!”

When & Where

For the schedule and more information go to:
www.tennisforlifenc.org or contact one of our coordinators.

“Tennis for Life is an amazing way to exercise, share life's ups and downs with friends, and become the new person you can become after diagnosis and before, during and after treatment.”

How to Donate

Donations to Tennis for Life are tax-deductible. Western Wake Tennis Association is a non-profit 501(c)3 organization and is the fiscal agent for Tennis for Life. Please make checks payable to WWTa with Tennis for Life on the memo line and mail to:

Western Wake Tennis Association
1249 Kildaire Farm Road, #144
Cary, NC 27511

TFL In Wake County

TFL was started in New Jersey in 1998 and has provided positive support through tennis for hundreds of breast cancer survivors. Thanks to the passion of TFL member, Alexis Johnson, and the support of WakeMed, Western Wake Tennis Association, Raleigh Tennis Association and North Carolina Tennis Association, we are proud to bring this program to Breast Cancer survivors in the Wake County area.

How TFL Began

Marcia Devens, an avid tennis player and 13-year survivor of stage 4 breast cancer, founded Tennis for Life in 1998. Marcia wanted to introduce tennis to others with breast cancer, to aid in both the physical and psychological recovery process. She teamed up with Christine Mathewson, who was the manager of the Ridgewood Racquet Club in New Jersey, and together they developed the program.

Tennis for Life can help you get your life back on track.

