



Marcia Devens,
Founder,
Tennis for Life

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...

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 regularly to discuss cancer-related issues in a supportive atmosphere.



Alexis Johnson,
Founder,
Tennis for Life NC

We celebrate life, participate in community service initiatives, and have guest speakers and activities that provide members with information and personal enrichment. Topics have included health and wellness, stress management, and sleep hygiene. Example activities are calligraphy, jewelry making, and art. Group members can also suggest potential speakers - this is a program designed for and by the members!

More information on Tennis for Life in North Carolina can be found at www.TennisForLifeNC.org

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

WakeMed
WakeMed Health & Hospitals



SOUTHERN
NORTH CAROLINA




 tennis for life™

✉ e-mail info@TennisForLifeNC.org

🌐 visit www.TennisForLifeNC.org



It's time
to bounce
back...

 tennis
for life™

A free, 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 Tennis for Life (TFL) or would like additional information, please e-mail info@TennisForLifeNC.org

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:
e-mail info@TennisForLifeNC.org
visit www.TennisForLifeNC.org

"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 (WWTa) 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

To donate online, go to:
www.TennisForLifeNC.org/contribute

TFL in North Carolina



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, this program was brought to breast cancer survivors in North Carolina in 2017.

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.

