

Oakland University Doctor of Physical Therapy Presents...

SHAKE

SHIMMY AND

STRENGTHEN



An interactive and educational event hosted by Oakland University Student Physical Therapists

to motivate longevity through health, wellness, fitness, and fun!

Join us for fun prizes and giveaways!

80's

DANCE PARTY

Ovarian and Breast Cancer Support

Event Schedule:

Sleep and Mindfulness

Education about the importance of quality sleep and mental health, with techniques on how to get you there.

Pelvic Floor and Nutrition

Education about pelvic floor health during and after treatment, paired with nutritional advice to support the female body.

80s Aerobic Activity

Aerobic style exercise dancing to the best hits of the 80s!

Exercise will be adjusted for all levels of fitness

When: November 5, 2025

4-5:30 PM

Check-in Starts at 3:30 PM

Where: Oakland University

Human Health Building,
5th Floor

433 Meadow Brook Rd
Rochester, MI 48309

Free Parking in Lot P3, just off
Walton Blvd.

Please RSVP to Marcia Gurche at mgurche@gmail.com OR

586.506.0598 by November 3rd



Corewell Health

Sharing and caring Breast Cancer Education and Support

