

Tennis for Life

*An Active
Support Group
Exclusively for
Breast Cancer
Survivors*



Who We Are

Tennis for Life, in cooperation with The Cancer Center at Hackensack University Medical Center, is a non-profit organization offering tennis lessons, organized tennis matches, peer networking groups and professionally facilitated discussion groups to unite and assist Breast Cancer Survivors in their recovery.

All levels of players, especially beginners are welcome to join at any time. Tennis for Life is offered year-round at the Ridgewood Racquet Club, located at 249 Ackerman Avenue, Ridgewood, New Jersey.

Our schedule is:
Sundays, 1 to 2 PM
September 14, 2003 – May 16, 2004



Awards

- Zonta Club - Trailblazer Award 2001
- Recognized by the NJ General Assembly
- Good Business Partnership Award



How Tennis Can Help in Recovery

- Physical movement helps in regaining upper body mobility.
- Physical activity helps to build stamina and endurance.
- The concentration tennis requires redirects mental focus from ailing to healing.
- The combination of physical activity and mental focus reduces stress.
- Tennis helps with weight loss.
- Discussion groups held after each tennis session help participants share strategies for regaining control of their lives.
- Tennis is fun!

free year-round
indoor tennis
and tennis lessons



How to Join Tennis for Life

There is no charge for breast cancer survivors. To register, or for additional information and schedules please call either:

Peggy Saslow at 201- 262-0236 or
Debbie Henry at 201-337-0031

Kudos from our Members

"Learning how to play tennis has been incredibly fulfilling to me. I feel lucky to have found Tennis for Life." Debbie Henry

"Tennis for Life means friendships, exchange of ideas, and often news of the latest treatment, research and findings on breast cancer. This is a group of women living with a common problem and giving encouragement to one another. We have a diversified group as to ability, but we all have fun and enjoy playing!" Barbara Goodwin

"I never thought I'd play tennis again! Now I am re-learning tennis and making new friends." Carolee Goldstein