



# How My Health Club Helped Me Get My Life Back After Cancer

“I asked my doctor, “ when will I need surgery?” He replied “yesterday.” The disease had already entered the lymph nodes under my arm. The surgery could not be avoided. My heart dropped and millions of questions filled my head. With the responsibility of two boys to raise I had to survive. I learned that good mental health would be invaluable to my recovery. I chose to try a more natural approach. I joined Gainesville Health & Fitness Center. The smiles and encouragement I received from the staff were mind boggling. I couldn’t believe that people could be so loving, caring and willing to help and answer all my questions. My surgery was in 1992. My club didn’t just change my life, it gave me new life.”

*Brenda Williams  
Breast Cancer Survivor  
Loyal Member Since 1993*



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