



A PUBLICATION OF THE HENRY FORD CANCER INSTITUTE

JOURNEY FORWARD



Redefine
Survivorship

Inside Our
New Pavilion

Clear the
Cancer Fog



Dear friends,

Cancer doesn't stop during a pandemic. And neither do we. As we all continue to navigate these challenging times – keeping safe and coping with a range of emotions – know that your Henry Ford Cancer Institute team is here to support you, day or night, so you can continue your fight.

With enhanced safety precautions in place since day one of our first COVID-19 case, our team has worked tirelessly so our patients receive uninterrupted lifesaving cancer care. In-person and virtual visit options with your team ensure you never miss an appointment, and our OncoStat clinic (see page 3) continues to assist patients experiencing treatment side effects and COVID-19 symptoms. Our support groups are now hosted in virtual forums, too, offering emotional support and connecting you to others (details on page 15).

Still the most poignant message during this time comes from our lung cancer patient Susan Pinkowski, who shares her story in this issue of *Journey Forward*: “Never give up HOPE.”

Hope is more important now than ever. It's at the core of every cancer journey, giving us the mental and physical strength to continue onward. On the pages of this issue, learn to build strength through daily movement and cognitive exercises to clear the cancer 'fog' – as well as feel empowered to redefine cancer survivorship.

As a point of pride, our team will be **ILLUMINATING HOPE** near and far this month when we open our new Brigitte Harris Cancer Pavilion in Detroit (see pages 10-11). This global destination for cancer care has been designed to bring our entire team together to deliver an exceptional experience surrounded in compassion, convenience, innovation, and most importantly, hope on the journey forward.

Sincerely,

Benjamin Movsas, M.D.

Interim Medical Director, Henry Ford Cancer Institute
Chair, Department of Radiation Oncology

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ON THE COVER

An immunotherapy clinical trial gave Susan Pinkowski the chance to directly confront stage 4 non-small cell lung cancer.

Read the full story on page 6.

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To continue to receive or add a recipient to this newsletter, visit henryford.com/JourneyMagazine.



First in Michigan Single-Port Robotic Surgery

A new robotic surgery system requires only a single small incision for its surgical instruments, allowing surgeons to perform delicate surgery in small spaces for prostate cancer, kidney cancer, and certain types of head and neck cancers. Craig Rogers, M.D., performed Michigan's first robotic prostatectomy using the da Vinci SP surgical system at Henry Ford Hospital in October.

COVID Consciousness: Enhanced Safety, Care Options

With enhanced measures in place, Henry Ford continues to safely provide uninterrupted cancer care amid COVID-19. Prior to entering Henry Ford facilities, every person is screened for COVID-19 symptoms. Masks are required. Surfaces, chairs and floors are sanitized repeatedly. In-person appointments are staggered to allow for social distancing. Both virtual and in-person clinic visits are offered at convenient times and places for patients. The OncoStat clinic – (313) 916-9840 – offers same-day virtual or in-person care for those experiencing COVID-19 symptoms and other symptoms related to treatment side effects.

MSU Partnership to Achieve NCI Designation, Reduce Disparities

Henry Ford Health System and Michigan State University (MSU) announced a multipurpose partnership to achieve a National Cancer Institute (NCI) designation, expand medical education and address health care disparities. The NCI designation would recognize Henry Ford for scientific leadership, advanced cancer treatment and community service. The collaboration will involve research and clinical goals to improve access, affordability and outcomes for Michigan's most vulnerable populations.

\$16 Million Gift for Pancreatic Cancer Research

The Henry Ford Pancreatic Cancer Center received a \$16 million gift to bolster its clinical and translational research endeavors, and establish key partnerships with internationally renowned organizations to one day eradicate pancreatic cancer. The gift is part of a combined \$36 million donation to the Center from the same donor, who wishes to remain anonymous.

It's Time to Redefine Survivorship

The old definition of cancer survivorship meant being cured. Now, as cancer treatment has advanced to help extend life and even manage cancer as a chronic condition, survivorship has evolved to mean empowerment – taking control of the rest of your life.



CASSANDRA SMITH, NP

“For some people, survivorship starts when they receive a cancer diagnosis,” says Cassandra Smith, a nurse practitioner who leads Henry Ford Cancer Institute’s Survivorship Clinic. “For others, it’s when they finish treatment. And many people say it’s when their scans are cancer-free, or when they diligently manage their cancer as a chronic disease.”

Regardless of when survivorship starts, the goal is always the same: Thrive and live longer.

Survivorship may include a greater appreciation of life and more self-acceptance. Others may find it difficult to navigate anxiety about cancer recurrence, physical problems, work concerns and relationship issues.

TO HELP MANAGE EMOTIONAL AND PHYSICAL STRESS, CASSANDRA ENCOURAGES SURVIVORS TO EXPLORE INTEGRATIVE MEDICINE:

- Acupuncture and complementary therapies
- Fitness programs and rehabilitation therapy
- Nutrition plans and sleep hygiene
- Meditation and stress management
- Emotional and psychological support

On a deeper level, Cassandra says survivorship for patients – and even for their caregivers – might be defined as being given a second chance to live with greater purpose.



Roadmap for Survivorship Care

When cancer treatment ends, many patients may wonder, “Now what?” To ease the transition and create a new normal, the Henry Ford Cancer Institute Survivorship Clinic team prepares a survivorship care plan when a patient completes treatment.

The survivorship plan includes the patient’s care history of biopsies, diagnosis, treatments and side effects. It also outlines a schedule for follow-up visits, labs and imaging. Patients and their primary care physicians receive an electronic copy of the plan – a useful document for patients who travel or move.

“While meeting with patients to discuss the survivorship plan, we give them an opportunity to process some of the emotions that were sidelined during treatment,” Smith says. “Often, people say they feel lighter after these conversations. If they need more time to talk, we offer referrals to a psych-oncology staff member or other resources and support services.”

Learn more:
henryford.com/JourneyMagazine.

GET MOVING

Exercise During and After Treatment? Here’s Why You Need to Start Moving Now

Many people consider exercise to be an extra burden when they’re fighting fatigue, pain or depression. That’s understandable. Yet research at Henry Ford has shown that exercise can help fight tiredness and reduce some of the side effects of treatment.



ELEANOR WALKER, M.D.

Eleanor Walker, M.D., radiation oncologist and medical director for Henry Ford’s Center for Integrative Medicine, worked with cardiologists to create the Exercise and Cancer Integrative Therapy Education (ExCITE) Program. The ExCITE Program with Preventive Cardiology provides

individualized exercise programs for any cancer patient or survivor, and it has been shown to offer several benefits:

- Increased blood flow to the heart
- Improved fitness, strength, flexibility and endurance
- Better weight control and body composition
- Improved mood and energy
- Improved cognition and immune system functioning

Still, some people wonder if it’s better to rest while

recovering. “I tell patients to rest and exercise,” Dr. Walker says. “Most people can immediately start exercising by walking around the house.”

FEEL-GOOD MOTIVATION

Do something physical that made you happy in the past, whether that’s dancing, biking, gardening or yoga. “When you’re happy, you’re triggering endorphins, and you tend to do things more often,” says Dr. Walker, who enjoys salsa dancing. If you need a partner for dance or exercise, consider your caregiver.

START WITH SNIPPETS

Exercise 15 minutes a day, for six days each week. You’ll tally up the recommended 90 minutes of weekly cardio exercise. “Just increase your heart rate and break a little sweat,” Dr. Walker says. “Be patient. You should notice improvements in two or three weeks.”

Don’t forget about deep breathing, listening to music and sitting in the sun. Before starting any exercise program, talk to your doctor.

Get ExCITE-ed

Exercise and Cancer Integrative Therapy Education (ExCITE) is a unique program in Michigan for cancer patients.

How ExCITE works: An exercise physiologist creates a customized plan, adjusted at different stages of treatment and survivorship. Program participants socialize and exercise together, providing encouragement and support. There is a low introductory fee.

Learn more about in-person visits, and exercise at home with the ExCITE workout videos:
henryford.com/JourneyMagazine.

Hope in a Clinical Trial

Determination and an experimental treatment were the quick catalysts for fighting lung cancer.

Hardworking and confident, Susan Pinkowski thought her wintertime cough would work itself out. Instead, it got worse. During the coronavirus lockdown in April, Susan, a finance director, was working at home when her chronic cough prevented her from having conversations. COVID-19 was ruled out, but a chest X-ray showed several tiny nodules on both lungs.

When breathing became more difficult, she didn't want to wait for the scheduled CT scan, and she took herself to Henry Ford Medical Center – Fairlane in Dearborn. From there, an ambulance transported her to the Henry Ford Hospital emergency room in Detroit.

“This was right in the midst of COVID, and most of the patients in the hospital at that time were COVID patients,” recalls Susan, 58. “I was a little bit panicked. Doctors suspected tuberculosis and put me in an isolation room to keep me safe from everyone else.”

Susan's biopsy revealed that she had non-small cell lung cancer, stage 4. Then, medical oncologist Igor Rybkin, M.D., Ph.D., gave her an offer she didn't refuse – the Krystal-1 clinical trial. The immunotherapy drug Keytruda would be combined with the clinical trial oral drug MRTX-849 to attack the cancer in her lungs.

“Susan started to feel better symptomatically within one week of starting the study drug,” Dr. Rybkin says. “She had less shortness of breath. On the first scheduled CT scan, the tumor showed a response to the study drug with decreased size of the nodules.”

“I always encourage people to look into clinical trials,” Susan says. “Although they are not for everyone, a clinical trial helped me. The clinical trial drug initially made me a little nauseated, but the alternative would have been traditional chemotherapy.

“The attentiveness and support you get from your medical staff in a clinical trial is phenomenal. They are trying to establish normal benchmarks, so by being a participant you help them, and they're helping you. They're always at your beck and call, ready to do whatever you need. I feel like a queen,” Susan laughs. “If I didn't enroll in this clinical trial, I wouldn't have all this cancer diminished in such a short period of time.”

CONTINUED ON PAGE 8

“

Never stop pushing as far as you can to get what you need and get through the challenge.”

– SUSAN PINKOWSKI



“Susan is a delightful patient and open minded about trials,” Dr. Rybkin says. “Her positive outlook has helped her through difficult times.”

During her treatment, Susan focused on doing some of the things she loves, such as camping and taking candid photos. “I like capturing the moment,” Susan says. Using her creativity and organizational skills, Susan takes a leap further and captures the years by scrapbooking and preserving memories.

Susan admits the transition from feeling healthy to fighting cancer has been challenging.

“I’m a workhorse, and I’ve always been the rock in the family,” says Susan, who has 20-year-old twin daughters and a 23-year-old son living at home. “I used to be the person in control, helping everyone else, and now they’re helping me. It’s very humbling. They’re always there when I need them. My husband has been wonderful, and my parents and siblings are very supportive.” And then there’s another “family” member available for comfort and companionship: Susan’s cat Nemo is on-call 24/7.

In a house decorated with owls, Susan values wisdom and finds it in those who are closest to her. She doesn’t

have to look far for a role model who stays strong during difficult times.

“My father has been ill off and on for ten years, but he just never, ever gives up,” she says. “He’s a very positive person. I always tell him, ‘You taught me how to keep fighting, even when you don’t have any fight left.’ He is my mentor.”

Susan has solid advice for other patients. “Never give up hope,” she says. “Never stop pushing as far as you can to get what you need and get through the challenge. Don’t give up, even if someone doesn’t want to listen to you.”

Now Susan will continue her immunotherapy treatments, and her doctors will keep looking for evidence of decreased cancer. “My kids are young,” Susan says. “I’ve got their college graduations, weddings, grandkids (eventually) and travel when COVID is over. There is so much I still want to do.”



Learn more about Susan’s story at henryford.com/JourneyMagazine.



ASK DR. RYAN

Clearing the cancer “fog”

Michael Ryan, Psy.D., is the clinical director of supportive oncology at the Henry Ford Cancer Institute.

Chemo brain deserves a better name: cancer fog. That’s because the same symptoms can occur with general anesthesia, certain radiation treatments and sleep deprivation. Also, a patient’s – or a caregiver’s – profound fatigue, pain, medication and stress can interfere with thought processes.

So, how to deal with cancer fog? Your first step: Track the problems. Are they related to medication, less sleep, poor diet, appetite loss or lack of exercise? Save thinking activities for the hours when you’re most alert. If problems persist for longer than expected, talk to your doctor about medication or cognitive tests. In the meantime, ask yourself: How can I make the most of today?

SPARK CONCENTRATION

You have the power to trigger brain chemicals that improve concentration *and* make you feel good. Start with a bit of compassionate self-talk: “I’m getting better every day and in every way.” Exercise, eat healthy foods and engage with supportive people. Play, sing or listen to music. Avoid multitasking. Meditate or try breathing exercises.

IMPROVE RECALL

There’s a trick to boosting memory: breathe and relax. Avoid saying, “I forgot.” Instead say, “I’m remembering.” Say any words that come to mind. They may lead to the correct answer. Overall, trust you’ll eventually remember.

STOP, LOOK, LISTEN

Listening skills can help you track conversations, even when you’re sick or tired. First, look at the speaker and anticipate what they might say. Empathy for the speaker improves focus. Listen for keywords and take notes. Respond appropriately: “I see” or “I understand.” Ask questions if you are confused or distracted. Lastly, confirm your understanding of the follow-up steps.

READ TO UNDERSTAND

- Start by reading the titles, subtitles, bold words or photo captions.
- Ask questions, “What could be useful for me?”
- Find the keywords (or the important words). Circle them or highlight them in bold font.
- Explain the important points in your own words. Review them.

TAKE ACTION

Write notes when you’re reading and during conversations with health care providers. Prioritize the action steps ASAP. Estimate the time and energy needed for tasks. Break large tasks into small ones to feel successful and energized.



Brigitte Harris Cancer Pavilion Opens January 20, 2021!

*To our patients: The new Brigitte Harris Cancer Pavilion at the Henry Ford Cancer Institute – Detroit has been designed for you (and with your input) to deliver an exceptional care experience surrounded in compassion, convenience, innovation, and most importantly, **HOPE**. We're excited to give you a look inside before we open our doors for patient care on January 20, 2021.*

DESTINATION FOR HOPE

At our new cancer pavilion, you'll find an innovative, healing environment that combines the spirit of Detroit with the world-class care of Henry Ford Cancer Institute experts.

With floor-to-ceiling windows that let in natural light, it offers a truly seamless experience at each step of your cancer journey:

- Disease-specific clinics where your entire cancer team – including radiation oncologists, medical oncologists and surgeons – come to you
- Private infusion bays that overlook a garden lounge
- Imaging and lab services with rapid test results
- A dedicated area where patients can speak with research nurses about clinical trial opportunities
- On-site exercise, acupuncture, nutrition and wellness services
- Activity rooms and reflection areas, along with galleries donated by the Detroit Institute of Arts
- First-floor OncoStat clinic and retail pharmacy, including wigs and other garments
- Food market designed for patients with a sensitive sense of smell
- Attached self-parking structure with ample handicapped parking on each level and direct access by floor to care areas

Learn more: henryford.com/NewCancerPavilion.

By the Numbers

187,000

SQUARE FEET

6

FLOORS

410-foot

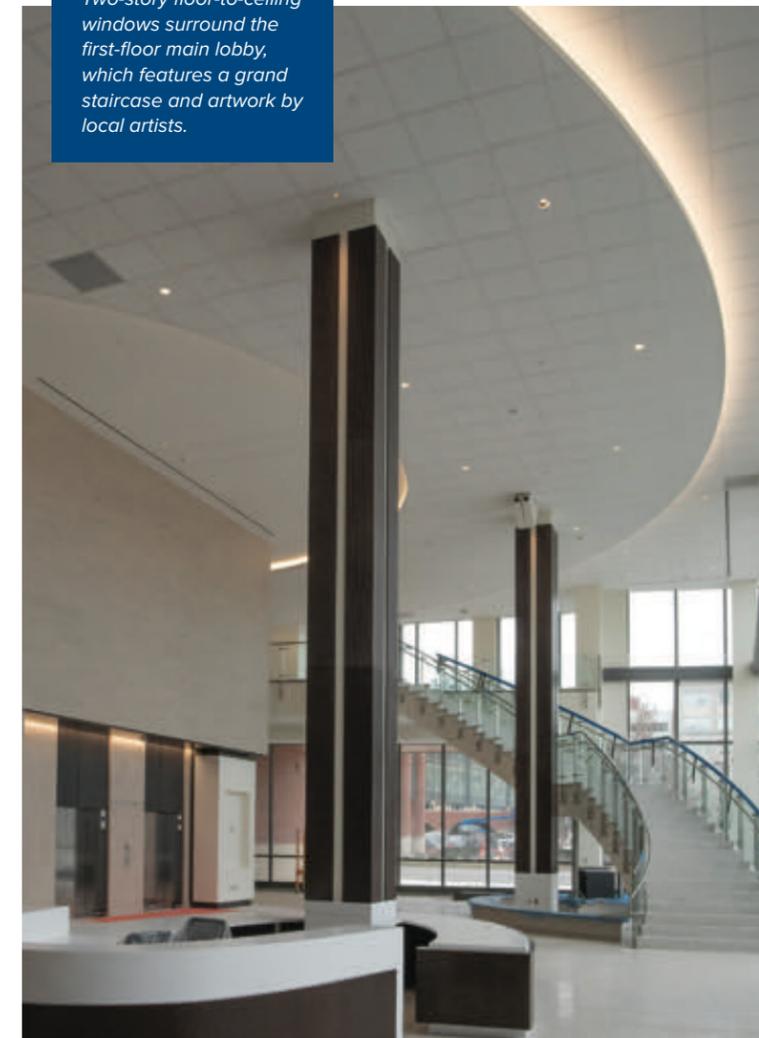
CONVENIENT SKYWALK CONNECTION
TO HENRY FORD HOSPITAL

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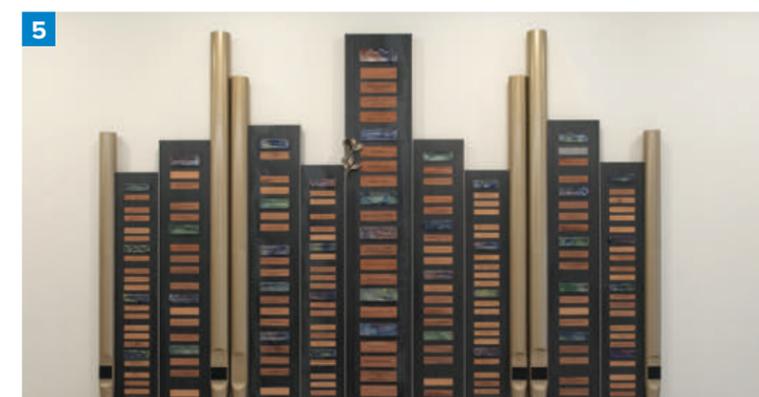
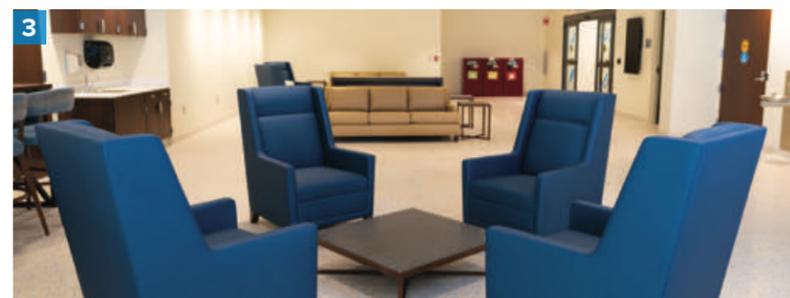
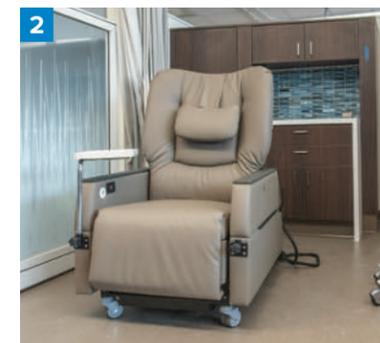
\$20 million gift

FROM MORT HARRIS, PHILANTHROPIST
AND DETROIT BUSINESSMAN, IN HONOR
OF HIS LATE WIFE BRIGITTE

Two-story floor-to-ceiling windows surround the first-floor main lobby, which features a grand staircase and artwork by local artists.



EXPLORE THE PAVILION: **1.** The Radiation Oncology Clinic and Treatment Center includes state-of-the-art radiation therapy, including world-first MRI-guided therapy, consult and treatment all in one location. **2.** Each Infusion Center patient bay features a reclining infusion chair with a heated back, dual USB ports and swivel table, guest chair with headrest and lumbar support, TV with cable and movie access, and individually controlled lights. **3.** Our Patient and Family Advisory Council provided critical feedback on building design, including paint colors and furniture in gathering spaces, to ensure a comfortable, healing environment. **4.** The Market, created for patients with a sensitive sense of smell, serves up a broad range of lighter fare, comfort food, and gourmet coffees, for dining in or carrying out. **5.** Our Donor Wall on the first floor is designed by local artists to replicate the strands of DNA with new and reclaimed materials.



Healing in Art and Music

Art expands our worldview, tells stories, builds community and personalizes healing.

At the Henry Ford Cancer Institute, we know well-being is influenced by much more than what takes place within our clinic walls. This understanding drives our Healing Arts program and has inspired our approach to interacting with art in health care spaces.

The Healing Arts program provides meaningful ways for our community to engage with the arts. It is led by Megan Winkel, the Lindsay Anderson Curator of Art. She has created a healing, calming environment in the Brigitte Harris Cancer Pavilion.

The curator fund, established through a generous donation, allows Healing Arts galleries to be featured and operated at Henry Ford locations. Galleries include artwork by local artists, with annual patient and staff art shows.

The newest gallery space in the Brigitte Harris Cancer Pavilion is a prominent feature of the building, serving as a public gathering space and a place for reflection and regeneration. Megan will also lead healing arts programming at the new pavilion and at Henry Ford's nearby ArtBlock space in Detroit. Programs will include hands-on art activities, caregiver events and more.

Healing arts also includes musical experiences, thanks to Joanne Danto and the Marvin & Betty Danto Family Foundation, which established the David DiChiera Music Therapy Program at the Henry Ford Cancer Institute. The music program extends DiChiera's legacy as founder of the Michigan Opera Theatre and honors his battle against pancreatic cancer.

The program kicked off last summer with performances by the Detroit Symphony Orchestra and Michigan Opera Theatre, and musicians will continue to connect with patients through additional performances.

Other music-related activities (which have been proven to help manage pain, reduce anxiety, decrease depression and improve recovery) will be offered as a form of therapy at the Brigitte Harris Cancer Pavilion.

Learn more: henryford.com/services/cancer/support/healing-arts.



Local artist Juan Martinez builds the kinetic metal mobile that will hang in the two-story main lobby of the new cancer pavilion.



Artists from Ocelot Print Shop help patients and community members screen print their custom tote bags at Henry Ford ArtBlock. (Event held pre-COVID)



Cancer survivor Floride Brown-Jones (Journey Forward, Winter 2019 Cover Story) proudly displays her tote bag, screen printed at Henry Ford ArtBlock with the help of artists from Ocelot Print Shop.

SURVIVORS SPEAK OUT:

Cancer Care During COVID-19



KEN: THE MOVE FROM TRAVERSE CITY TO DETROIT

At the height of the COVID-19 crisis in April 2020, Ken Godin and his wife left Traverse City and relocated to Detroit for six weeks. Fighting advanced tongue cancer, Ken already had a transplant and tongue reconstruction at Henry Ford in March. Crucial radiation therapy was next – during the pandemic.

KEN'S DECISION-MAKING FACTORS

- The cancer could further advance to an incurable stage.
- Doctors and administrators were confident heightened safety precautions would protect patients.
- Henry Ford previously provided positive and personalized treatment.

"The tipping points in our decision were the caliber of care and quick response to our needs and questions by the Henry Ford staff during and after my cancer surgery, and the multi-source expressions of trust in the skill and precision of radiation oncologist Dr. Farzan Siddiqui," Ken says.

Now, Ken says he hopes "to stay positive, maintain a sense of humor and trust God."



KIM: CANCER DOES NOT QUARANTINE

Several events propelled Kim Krygier to receive immediate chemotherapy for breast cancer in early 2020. But mid-treatment, the coronavirus triggered a statewide quarantine. Intensely focused, Henry Ford enacted enhanced safety measures so patients could receive uninterrupted treatment.

"The nurses were so careful. I felt protected, like I was in the eye of the storm," Kim says. "I was able to continue these healing treatments, taking it one day at a time and knowing that this too shall pass."

KIM'S ADVICE

- Listen to yourself. Everyone has their own way of dealing with cancer.
- Use caution when searching online for medical information. It may take you down a rabbit hole of fear.
- Make wise choices for your emotional health. Fear can paralyze, weaken and defeat you, while faith can bring you hope, encouragement and strength. Faith can see you through treatment.

"We go through life with either fear or faith," Kim says. "I would say choose faith."

Learn more about Ken's and Kim's stories and treatment: henryford.com/JourneyMagazine.

Care and Connect Resources



ONCOSTAT SAME-DAY CARE FOR URGENT HEALTH NEEDS

Henry Ford's OncoStat Clinic provides immediate and convenient care for cancer patients experiencing COVID-19 symptoms or any challenging side effects from radiation or chemotherapy. OncoStat works in collaboration with your medical oncology and/or radiation oncology team, offering same-day support by phone or in-person visits at several locations. Video visits are also available through MyChart.

Call (313) 916-9840, Monday-Friday 8 a.m. – 5 p.m. Or connect through MyChart.



JOIN OUR SURVIVORSHIP GROUP ON FACEBOOK

When you join the Henry Ford Cancer Institute Survivorship Group on Facebook, you'll connect with fellow patients and caregivers. You'll also have access to healthy lifestyle resources, videos and our Facebook Live events. It's easy to join:

- Log into Facebook
- Search "Henry Ford Cancer Institute Survivorship Group"
- Request to become a member and answer a few questions
- Start sharing!



VIRTUAL WELLNESS CENTER FOR MANAGING STRESS, OTHER EMOTIONS

The Henry Ford Cancer Institute's Virtual Wellness Center provides patients and their families with coping skills to help manage stress and make choices for a fulfilling and healthy life. You'll find detailed resources and videos for meditation, mindfulness, art therapy, sleep hygiene and exercise. Along with this holistic approach, it offers psych-oncology services for in-person or virtual visits with experts to help reduce the emotional and mental strain of cancer.

Visit henryford.com/CancerSupport and select "Virtual Wellness" to learn more.

Support for the Journey

We provide a wide range of cancer support groups and classes to enhance your physical and emotional well-being during cancer treatment and recovery. To promote safety and health for patients and our community, many of our classes, events and in-person support groups have been changed to an online format.

Virtual Support Groups for Patients and Caregivers

Our virtual online support groups are conducted through Skype for Business. It's secure, free and easy to install on your mobile device, tablet or computer.

BRAIN CANCER

Meets online the third Saturday of the month, 10 – 11:30 a.m.

BREAST CANCER

Meets online the first Monday and Wednesday of the month, 6 – 7:30 p.m.

GENERAL CANCER

Meets online every Monday, 1:30 – 3 p.m.

HEAD AND NECK CANCER

Meets online the first Thursday of the month, 2:30 – 3:30 p.m.

METASTATIC CANCER

Meets online the fourth Thursday of the month, 3:30 – 5 p.m.

STEM CELL TRANSPLANT CAREGIVER

Meets online the first Monday of the month, Noon – 1 p.m.

Online Wellness Events

ART THERAPY OPEN STUDIO

Meets online the third Tuesday of the month, 1 – 2:30 p.m.

LUNCH WITH THE DETROIT SYMPHONY ORCHESTRA

Virtual broadcast on the fourth Wednesday of the month, Noon – 1 p.m.

LIVE WITH THE MICHIGAN OPERA THEATRE

Virtual broadcast twice a month, 2 – 3 p.m.

Share Your Story!

Inspire and bring hope to others facing a cancer diagnosis by sharing your story with us!

Sharing your experience can be therapeutic for you and uplifting for others embarking on their cancer journey. Your story may be featured in *Journey Forward* magazine or on our website.

Tell us your story: henryford.com/YourCancerStory.

To sign up for any of our live virtual or online programming, email cancersupportinfo@hfhs.org with your name and desired support group and/or event. Learn more: henryford.com/CancerSupport.



**HENRY FORD
CANCER INSTITUTE**

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Detroit, MI 48202



6 Ways to Squeeze More Activity into Your Day



GET ON YOUR FEET

Standing at a desk enhances circulation and burns more calories than sitting.



USE A BALANCE BALL

Sitting on a stability ball strengthens core muscles. Try using one in place of a desk chair!



START COOKING MORE

Homemade meals usually contain less fat, sodium and calories than their restaurant-prepared counterparts.



TAKE THE STAIRS

If available, use stairs instead of an elevator to torch extra calories!



KEEP MOVING

Get moving! Find ways to add movement to mundane daily tasks. Try lunges while brushing your teeth or parking in the farthest spot in the lot.



FIND RESISTANCE

Transform your home or office workspace into a gym by adding strength and resistance exercises to your routine.

JOURNEY FORWARD – WINTER 2021

JOURNEY FORWARD is published by Henry Ford Health System. The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a doctor.



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