



# Exercise & Thrive

Cancer Survivor Exercise and Wellness Program



## Helping cancer survivors

increase flexibility, endurance and their capacity to perform daily activities. Each participant will meet with a Certified Personal Trainer prior to the group sessions. The small groups will meet 2 days per week for 10 weeks.

### Who can participate? Cancer survivors who:

- Are 21 years of age or older
- Are at least 30 days out of cancer treatment with no evidence of active disease
- Have a strong desire to improve strength and fitness
- Will attend the full 10-week program
- Agree to obtain medical clearance for participation

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