

ACTIVE LIVING AFTER CANCER

12 WEEKLY SESSIONS NO CHARGE

- Learn how to be more physically active
- Get support from other cancer survivors
- Discover resources for cancer survivors

PROGRAM BENEFITS

- Reduce risk of cancer recurrence
- Reduce fatigue
- Manage stress
- Improve strength

PROGRAM REQUIREMENTS

Survivors and caregivers who are not receiving chemotherapy or radiation



MD Anderson offers free support to help cancer survivors get active, make healthy choices and feel better.

New Classes Available

Cancer Survivors and Caregivers.

In accordance with social distancing guidelines

Classes are provided via Zoom

Please feel free to contact us!

Luz: (832) 274.1590

Carolina: (281) 608.1736

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History[®]

**Kelsey
Research
Foundation**

Collaborate. Study. Discover.



CANCER PREVENTION & RESEARCH
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