

CANCER EXERCISE WELLNESS PROGRAM

Sponsored by:



Date: April 4-June 8
Duration: 10 weeks
Location: Anytime Fitness
Days: Mondays and Wednesdays
Time: 10-11am

The program is free to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors 2 years post treatment. The program runs for 10 weeks. The first 10 people to get their paperwork turned in will be accepted into this session and scheduled for an initial assessment prior to the program start date. Post assessments will be scheduled at the end of the program.

Please complete your health history and waiver and have a physician sign the release form. Once these are completed, please send the information back to:

FAST Physical Therapy
Attn: CEWP
Copper Ridge Marketplace
4000 Eastern Sky Drive Suite 6
Traverse City, MI 49684

Once we receive your documents, we will call you to schedule your initial assessment which must be completed prior to program start date.

Thank you!

~Jean Mahoney, CPT
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