

EXCEL

EXercise for Cancer to Enhance Living Well



What is EXCEL?

FREE exercise for rural and remote cancer survivors

Are you interested in a FREE, SAFE, and EFFECTIVE exercise research program that you can join from your own home?

The EXCEL exercise program is:

- Delivered **both online and in-person**
- Instructed by **trained** fitness professionals
- A **safe, welcoming, and non-judgemental** experience

Contact us **TODAY** to learn more and register for our classes!



For more information, please contact:
excel.ontario@utoronto.ca



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