

Are you living with or beyond cancer?



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab



UNIVERSITY
OF ALBERTA

Want to get active but don't know where to start?

Join this **FREE 12-Week Exercise Study**

Exercise with your peers, under the guidance of instructors trained in exercise oncology.

Our programs are **SAFE** and effective!



Online or in-person (at select locations across Canada)



New programs start every January, April, and September



Time investment: Two, 60-min classes a week

Register TODAY by contacting us:

Email: excelnorth@ualberta.ca

Call: 780-492-6007

Website: ucalgary.ca/excel-cancer-exercise-program



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