

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.

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Online or in-person



New programs start every January, April, and September



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