

# Are you living with or beyond cancer?



UNIVERSITY OF CALGARY  
FACULTY OF KINESIOLOGY  
Health and Wellness Lab

## 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



New programs start every January, April, and September



Time investment: Two, 60-min classes a week

**Register TODAY by contacting us:**

Email: [wellnesslab@ucalgary.ca](mailto:wellnesslab@ucalgary.ca)

Call: 403-210-8482

Website: [ucalgary.ca/excel-cancer-exercise-program](https://ucalgary.ca/excel-cancer-exercise-program)

