

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

Call: 403-210-8482

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

