

Get active against cancer!

A four-week medical fitness program for cancer survivors

Tailored specifically for those who are undergoing or have completed their cancer treatments, this fitness program is designed to help you feel less fatigued, build muscle, improve your flexibility, and get active against cancer!

What you will receive for your \$80 enrollment fee:

- Structured sessions Tuesdays and Thursdays, 2:30 – 3:30 pm for four weeks
 - Open gym access for duration of program
- Instruction on how exercise can reduce your cancer-related symptoms
- An individualized exercise plan by a certified exercise physiologist
- Measurable pre-and post-program results you can share with your doctor

To enroll:

Contact one of our certified exercise physiologists today to learn more. They will help you get a physician referral, which is required for this program.

Ron Baxa, BS, CCRP, CPT
Katherine Bryan, MHS, EP-C

904.202.9708

WOLFSON
Wellness
CENTER
AT BAPTIST MEDICAL CENTER

800 Prudential Drive

Our state-of-the-art medical fitness center is located on the second floor of the Baptist Heart Hospital. Park in Garage P3 for convenient access.

Hours of operation:

M – F 5 am – 7:30 pm
Sat 7:30 am – 1 pm

 **BAPTIST**
MD Anderson
Cancer Center