

CANCER EXERCISE



Exercise is an essential part of any cancer treatment plan.

Wellspring's Cancer Exercise program helps individuals reduce treatment-related side effects (nausea, fatigue, pain), regain strength and stamina, enhance emotional wellness, aid in weight management and, for some types of cancer, reduce the rates of recurrence.

Under the leadership of exercise professionals trained and experienced in oncology, this online or in-person program meets twice a week for 12-weeks.

There is no charge to participate.



For more information
or to register, visit:

wellspring.ca

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.