



Live Well. Exercise 101



Learn how to exercise safely and effectively so you can feel great and live well.



Most of us know that exercise is good for you. It helps you feel good and live well. But once you are diagnosed with cancer, exercise can become a tool for treatment and prevention. Being physically active can help you:

- tolerate and complete your cancer treatments
- maintain and increase energy levels
- improve mood and aid in stress management
- sleep better at night
- reduce your risk of cancer recurrence and developing new cancers

If you are new to exercise or need a kick-start back into exercising regularly, then Exercise 101 is for you!

During this 5-week small group series, you will learn exercise fundamentals and basic movements to help with endurance, strength, balance, and flexibility using resistance bands, body weight, and light hand weights. You'll learn to how exercise at home and how to make exercise part of your daily routine. Taught by Sara Weideman, OT.

Classes are Mondays, 11:00 – 12:00

Classes are ongoing.
Sign up for 5 consecutive weeks.

(Note: Class dates may vary at times due to instructor/room availability. Contact Laura for details)

Location

Columbia St. Mary's Milwaukee
Van Dyke Cancer Center -
1st floor conference room
2350 N. Lake Drive, Milwaukee

This class is free and open to Cancer Center patients at any stage of survivorship.

Limited to 10 participants per class. Registration is required. Sign up for 5 consecutive classes. *Clearance from your Cancer Center physician is required.*

To Register:

Call Laura Stratte, Survivorship Navigator at 414-298-7247 or Mayra Serna, Oncology Coordinator at 414-298-7264.