

Webinar



Physical Activity for Cancer Survivors

Physical activity is important for most people and can be safe before, during, and after cancer treatment. However, some people don't have the resources to join a gym or take a class. The good news is that there are free or low-cost programs that are evidence based.

- **Walk with Ease:** Is low cost, has no geographic limitations, and can be done at home. It was developed by the Arthritis Foundation but the program is helpful to all adults, including those with a chronic disease.
- **LIVESTRONG at the YMCA:** Is available for free and was developed specifically for people with cancer. This program is available in several areas of the state.

Join us to learn more about these free or low-cost programs and how it could help patients with cancer. The following objectives will be covered:

1. Discuss the importance of physical activity to overall health
2. Provide an overview of the Walk With Ease Program
3. Provide information about the LIVESTRONG at the YMCA.

When:

Wednesday, August 11, 2021
12:00 – 1:00 pm EDT

Presenters:

Trina Radske-Suchan, PT, CSCS
Physical Therapist
Chief Executive Officer, CHPcommunity

Jennifer Nicodemus
Director of Health Innovations
State Alliance of Michigan YMCAs

How to Register:

Follow the link below:

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