

ACTIVE LIVING AFTER CANCER

12 WEEKLY SESSIONS NO CHARGE

- Learn how to be more physically active
- Get support from other cancer survivors
- Discover resources for cancer survivors

PROGRAM BENEFITS

- Reduce risk of cancer recurrence
- Reduce fatigue
- Manage stress
- Improve strength

PROGRAM REQUIREMENTS

Survivors and caregivers who are not receiving chemotherapy or radiation

MD Anderson offers free support to help cancer survivors get active, make healthy choices and feel better.

**Now Recruiting Cancer
Survivors and Caregivers
for Houston and
surrounding areas.**

For more information, contact us
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