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
713-563-6781
ALACprogram@mdanderson.org