



CanWell Cancer Exercise and Education Program

12 week program designed for individuals:

- 18+
- Cancer diagnosis (all types) at any stage
- Living at home
- Independently mobile with or without a gait aid
- Medically well with exercise clearance

CanWell Program includes supervised exercise, group fitness classes, health professional consultation, and education. Program included in YMCA membership. Financial assistance is available.

Les Chater Family YMCA

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ymcahbb.ca

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