



CBRC Health & Fitness

CANCER FIT

Being active during and after a cancer diagnosis is an important way to reduce fatigue, increase strength, and help ease depression. In this program, regular physical activity, including aerobic activity, strength training, and flexibility can help you get through your treatments and decrease treatment side effects. Did you know stretching can help restore flexibility in joints that have lost range of motion due to surgery or radiation?

Cancer Fit participants will meet with exercise professionals twice a week for 30-minute sessions. Available in 3, 6, or 12-month programs.

Cost: \$36-\$43 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

morganfewel@my-cbrc.com

(509) 943-8416