

Cancer Care Exercise Classes for Beginners



Something for everyone!

This is a self-paced class where instructors work with cancer patients and survivors to help improve strength, increase flexibility and decrease fatigue felt during and after treatments. Small class sizes mean no intimidation and great camaraderie with others – all working hard to improve their quality of life.

OUR PROGRAM OFFERS:

- High instructor to patient ratio.
- Exercise in an environment where you feel safe.
- Exercise Specialists can create a program just for you.
- 16 classes for only \$20.
- Must pre-register to attend classes.

Covenant HealthCare Mackinaw
5400 Mackinaw (at Tittabawassee)
Saginaw, MI 48604

To register or for more information,
please call Covenant Physical Medicine
& Rehabilitation at **989.583.5140**
or **989.583.5242**.

**Have fun, get fit and support
each other through exercise!**


COVENANT
Cancer Care Center


MD Anderson
Cancer Network
Certified Member