A STRENGTH & FITNESS PROGRAM
FOR CANCER PATIENTS AND SURVIVORS

Sponsored by
Stanford Health Improvement Program
LSLW.stanford.edu

See other side for more locations.
**PROGRAM GOAL**
To empower adult cancer patients to improve functional capacity and to increase their quality of life through an organized program of fitness and strength.

**INSTRUCTORS**
Certified fitness instructors are trained by Stanford to run the program. They give personal individualized instruction to the participants. The instructors are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

**COST**
The program consists of one 12-week session that meets 2x/week for 75 minutes. The program is without cost to participants.

**PROGRAM LOCATIONS**
For addresses & directions go to LSLW.stanford.edu and click on Program.

**TO REGISTER AND FOR MORE INFORMATION**
*Advanced registration required. Class size limited.*

**CRITERIA FOR PARTICIPATION**
- Strong personal desire – patient needs to enroll in the program (rather than a family member)
- Personally commit to attending all classes
- Inform their physician of their plan to join the program
- Give permission for exercise specialist to call physician or person giving treatment when necessary
- This class is recommended for patients who have recently finished their cancer treatment or if able, while still in treatment. The enrollment decision will be made on an individual basis.
- You do not need to be affiliated with Stanford.

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**Supported by:**
Stanford Health Improvement Program,
The YMCA, and individual donations.
Donation information at LSLW.stanford.edu.

Living Strong Living Well™ is a 12-week small group program designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. Our goal is to help patients build muscle mass and muscle strength, increase flexibility and endurance, improve functional ability and decrease fatigue.

Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle as a way of life.

Living Strong Living Well
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