

Exercise and Fitness Group



Would you like to do something to improve fatigue, manage side effects, and make you feel better during your cancer treatment? If so, then try the Exercise and Fitness Group, right here at BC Cancer. All levels are welcome.

Space still Available

Sign-up now

- Who:** BC Cancer patients - register at Patient & Family Counselling or call 250-712-3963
- When:** January 15th – June 25th, 2019
Tuesdays: 2:00 to 3:00 pm (circuit + chair)
- Where:** Okanagan Room, BC Cancer, Kelowna (399 Royal Ave)
- Cost:** Free

Registration includes a 1-on-1 consultation with registered kinesiologist Terry Heidt, MSc BHK prior to participating in the class.