Revved Up is launching a NEW exercise program for breast cancer survivors in Kingston. Each program member will receive a customized exercise program that incorporates aerobic, strength, and flexibility exercises. Guest speakers will be invited to share information on survivorship and exercise, accessing social support, and strategies for exercising independently after treatment.

**PROGRAM DETAILS**

**Location:** Revved Up Gym, 28 Division Street (Queen's University)

**Program Length:** 12 week program

**Session Times:** M-W 11:30am-12:30pm and T-Th 5:00pm-6:00pm

**Eligibility:** Women who have completed primary treatment (surgery, chemotherapy, radiation) for breast cancer, and received medical clearance to participate in exercise.

**Cost:** $60

FOR MORE INFORMATION PLEASE CONTACT THE STUDENT INVESTIGATOR

613-533-6000 EXT 78841

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