

B.A.S.E. Exercise Class For Cancer Patients & Survivors

Balance Agility Strength and Endurance



Fatigue is the most common symptom reported by patients with cancer. Research shows exercise helps decrease fatigue as well as boost the immune system, aiding in the fight against cancer.

Join us for this **FREE** class that can lead to:

- increased energy
- increased strength & flexibility
- improved balance
- walking longer distances
- gains in functional abilities
- better mental outlook

Every Thursday

2:30 p.m. Karmanos Cancer Institute at McLaren Macomb

Instructed by a physical therapist assistant, classes will be offered every Thursday and hosted in the conference room of the Karmanos Cancer Institute at McLaren Macomb.

Call and register at **(586) 783-9581**.