



The Journey Program ^(TM)

Cancer Exercise Wellness

Date: January class April class June class September class

Please circle the class to which you would like to be enrolled. Call for exact dates.

Duration: 10 weeks

Location: Anytime Fitness and Fyzical Therapy & Balance Center

Days: Mondays and Wednesdays

Time: 11:00a.m. - 12:00 noon

This program is sponsored by Fyzical Therapy & Balance Center and Anytime Fitness of Traverse City and is offered as a community service free to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors 2 years post treatment. The program runs for 10 weeks. The first 10 people to get their paperwork turned in will be accepted into this session and scheduled for an initial assessment prior to the program start date. Post assessments will be scheduled at the end of the program.

Please complete your health history and waiver and have a physician sign the release form. Once these are completed, please send the information back to:

Fyzical Therapy & Balance Center
Attn: Journey Program
Copper Ridge Marketplace
4000 Eastern Sky Drive Suite 6
Traverse City, MI 49684

Once we receive your documents, we will call you to schedule your initial assessment which must be completed prior to program start date.

Thank you!

~Annemarie Wigton, NSCA Certified Personal Trainer

~Jean Mahoney, ACE Certified Personal Trainer, Cancer Exercise Specialist

(231) 276-2494

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