

**Office**

Betsie Hosick Health and
Fitness Center
The Journey Program
224 Park Ave.
Frankfort, MI 49635

Phone

231-352-2944

Fax

231-352-9663

Email

thejourneyprogramtc@gmail.com

Web

thejourneyprogramtc.com

Sponsored BY**Frankfort Classes**

	Spring	Summer	Fall
From:	April	June 28	Sept 13
To:	June 9	Sept 1	Nov 17

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

Duration: 10 weeks

Location: Betsie Hosick Health & Fitness Center

Days: Tuesdays and Thursdays

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

This program is sponsored by Paul Oliver Memorial Hospital of Frankfort 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:

Betsie Hosick Health & Fitness Center
Attn: Journey Program
102 Frankfort Rd.
Frankfort, MI 49635
Or fax to: (231) 352-9663

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!**Meghan Hescheles, AT,ATC**

Certified Athletic Trainer
Rehabilitation Services
231-352-2944

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Journey: Cancer Exercise Wellness Program