



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: Betsie Hosick Health & Fitness Center

Days: Tuesdays and Thursdays

Time: Noon - 1:00

This FREE exercise program is sponsored by Paul Oliver Memorial Hospital and is offered as a community service to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors 2 years post treatment. The program runs for 10 weeks. Registration forms are available at the desk at the Fitness Center and on our website. 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!

~Mikki Frysinger, Fitness Center Tech./ Manager

(231) 352-9661

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

(231) 276-2494

thejourneyprogramtc@gmail.com

thejourneyprogramtc.com

BETSIE HOSICK HEALTH & FITNESS CENTER