



Step Up Exercise Class for Cancer Survivors

A group exercise class designed for cancer survivors* that focuses on improving flexibility, strength, cardiovascular endurance and balance.

Exercise has been shown to reduce fatigue, improve bone density, assist your immune system and enhance mental function. If this sounds like fun, come join us!

**Pre-screening and medical questionnaire required prior to participating. Physician clearance is necessary. Class size is limited & enrollment is required. Please contact us for more information*
207-351-3700 | hhi@yorkhospital.com



Living Well
mind · body · well-being

Class Schedule

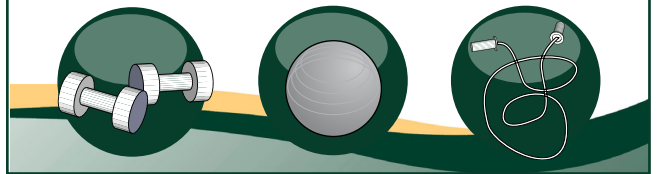
Monday and Wednesday

- 3:30pm - 4:30pm

Tuesday and Thursday

- 11:00am - 12:00pm
- 12:30pm - 1:30pm

Classes take place at the Heart Health Institute - 127 Long Sands Road, in York, Maine



Step-Up Exercise is a service of the York Hospital Oncology Treatment Center's Living Well Program

which supports cancer patients and their families through programs centering on the mind (spiritual care, relaxation, creative expression and art therapy); the body (exercise, nutrition, healthy living); and a person's well being (support groups and social services).

York Hospital
Oncology & Infusion Care

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