



Survivor)ciseSM

Exercise program for cancer survivors
Open to men and women



Free 12-week program!
Registration required
Begins September 17, 2019
Tuesdays and Thursdays
1:00 – 2:00 pm



Ascension Borgess Health & Fitness
3025 Gull Road | Kalamazoo, MI

If you've been treated for cancer in the last five years and are not currently receiving chemotherapy or radiation, SurvivorciseSM may be right for you. It is an exhilarating exercise program that will give you a physical & emotional boost. Talk to your doctor and ask if you're a candidate for a twice weekly exercise program. Requires physician clearance to participate.

SurvivorciseSM participants enjoy complimentary member benefits at Ascension Borgess Health & Fitness during the 12-week program cycle.



Space is limited. Registration required!
By phone: 269-373-7456
By email: survivorcise@wmcc.org



Survivor)ciseSM is a collaboration of:

