

CARE – Cancer, Aerobic, Resistance, Exercise

# Take Your Life Back with CARE

The CARE Program is a free, 16-week exercise and wellness program created for individuals who have received a cancer diagnosis within one year or are currently undergoing cancer treatment. The goal of the CARE Program is to help members take back their lives through diet, exercise and social support.



### Criteria for membership eligibility:

- Ages eligible for program: Adult (18 years +)
- Genders eligible for program: Both
- Any diagnosis of cancer within one year of enrollment or currently undergoing cancer treatment
- Must provide informed consent (doctor's release)

### The program is specifically designed to help participants:

- Build strength
- Increase flexibility and endurance
- Improve functional mobility

### Schedule:

- Two supervised resistance training sessions per week
- Optional yoga and aquatics group classes
- Bi-monthly nutrition education class
- Bi-monthly relaxation education class

### Please return referral via mail or fax.

Patient Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Diagnosis: \_\_\_\_\_ Stage: I II III IV

Restrictions: \_\_\_\_\_

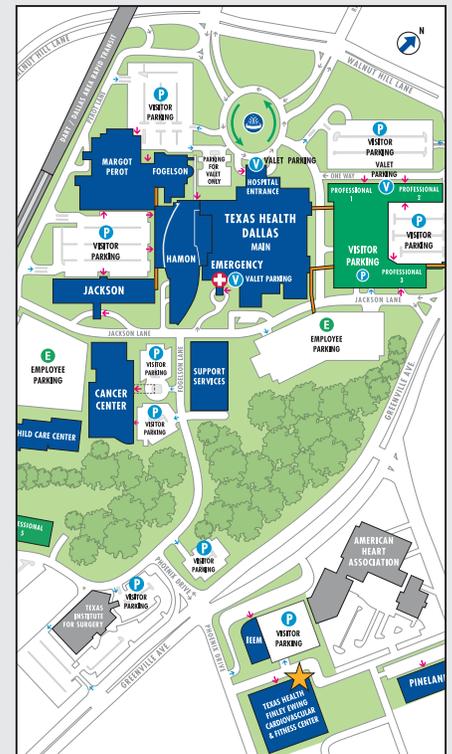
Physician Name (printed): \_\_\_\_\_

Physician Signature: \_\_\_\_\_

## Take Your Life Back!

Participants in the CARE Program will have an opportunity to develop, maintain and grow relationships with individuals going through similar experiences.

The CARE Program will help participants reduce the severity of cancer side effects, help maintain a healthy body weight, and help improve self-esteem through social support and exercise.



### Finley Ewing Cardiovascular and Fitness Center Dallas

5721 Phoenix Drive, Dallas, Texas 75231

Danielle McClure, RDN

214-345-4838 Fax: 214-345-4676

Front Desk: 214-345-4625