



COOPER[®] **TRACKS** CANCER

AT  SHANNON
HEALTH CLUB

Exercise and Education Programs for Individuals Managing Cancer Conditions

Exercise and lifestyle modification play an important role in managing chronic health conditions. Yet, for many living with these conditions, beginning an exercise routine can be daunting given physical limitations, safety concerns, lack of information about the disease process and a variety of other factors.

Our program provides the guidance and support needed to help participants begin exercising, increase confidence and develop habits to live healthier to help manage their chronic conditions.

The program is designed for:

- Individuals transitioning from a completed rehabilitative program to regular physical activity
- Sedentary individuals diagnosed with a chronic disease who want to begin an exercise program



CANCER TRACK

- Diagnosed with cancer and are undergoing treatment
- Recovering from cancer at any stage

PROGRAM DETAILS

- 8 weeks in length
- 2 small group exercise classes/ education sessions per week
- Pre- and post-program health assessments
- Educational content specific to disease process, nutrition and lifestyle modification
- Exercise tracking tools
- Social support and accountability

Start your fitness journey today!

For more information on program cost or questions, call Shannon Health Club at 325-747-2582, email CooperTracks@ShannonHealth.org, or visit ShannonHealthClub.com.