



Free Cancer Rehabilitation

with the Carroll University
Rehabilitative Exercise
CURE Program



Continue your recovery with this **no-cost program** featuring graduate students from Carroll University's Exercise Physiology program.

CARROLL
UNIVERSITY



EXERCISE PHYSIOLOGY
PROGRAM

Enroll in a free, 12-week individualized exercise program, designed exclusively for diagnosed cancer survivors who are currently undergoing treatment or who have recently completed treatment.

Free Cancer Rehabilitation Program

- 12-week exercise program
- Sessions at our state-of-the-art Sentry Clinic
- Personalized exercise sessions to decrease cancer-treatment side effects and to achieve your personal goals
- Designed for physical and emotional well-being
- One-on-one with a Carroll clinical exercise physiology graduate student with hands-on clinical experience
- Hour-long sessions
- Offered during fall and spring academic semesters



Sessions held at the Carroll University Community Health Services Sentry Clinic under the direction of clinical exercise physiologists. CURE is individualized to meet the needs and goals of each participant and includes both pre- and post- physiological and psychological assessments. Program features a focus on motivational techniques and education for lifelong health and fitness.

For more information or to enroll, contact

Jessica Brown, PhD., Assistant Professor, Exercise Science

Cheryl Halas, MS., Adjunct Faculty, Exercise Physiology

Email: chsclinic@carrollu.edu | **Voicemail:** 262.951.3039 | **Fax:** 262-574-2687

Address: Carroll University Community Health Services Sentry Clinic

1111 Sentry Drive, Waukesha Wis.



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"The Live Well Waukesha County Initiative addresses two of the community's most prevalent health issues: nutrition and physical fitness. These issues are addressed by Move Well Waukesha County free physical fitness events, and Eat Well Waukesha County free nutrition resources. Join the movement: www.waukeshacounty.gov/LiveWell"