BEFORE YOU ARRIVE:

• Ensure you have eaten and taken all medication prior to attending program if required

WHEN YOU ARRIVE:

• Take a seat in the waiting area. Participants are only allowed in the gym when their treating therapist is present.

DURING THE SESSION:

• Exercise: Each session is _____ minutes. There will be rest breaks, so don't worry! We will gradually increase your exercise on an individual level. Exercises include: Warm ups, walking, weights, stationary bikes, steps.

Location

<u>Staff</u>

Therapists:

Oncology Rehabilitation Program

Location:_____

Address:_____

Contact Ph:_____

Your group sessions will begin:

.....

Don't forget to wear comfortable clothes, bring your drink bottle and a towel

If you are unable to attend any of the sessions, please let us know by calling _____



ONCOLOGY REHABILITATION PROGRAM TIMETABLE

	Session Dates	Session Times
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
week 5		
Week 6		
Week 7		
Week 8		