

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 Physiotherapist 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

Staff

Physiotherapists: _____



Oncology Rehabilitation Program

Location

Address

Contact Ph: _____

Your group sessions will begin:

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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 6		
Week 7		
Week 8		