

>CancerSmart™ EXERCISE

**is now available at the
YMCA Oakville.**



Wellspring's **CancerSmart Exercise** will be offered at the
YMCA of Oakville.

Members who have completed the Cancer Exercise program at Birmingham Gilgan House and are looking to transition to a professionally supervised, community-based exercise program are welcome to participate in this three month program.

The program is available to all cancer patients, and participants do not have to be members of the YMCA or Wellspring. Sessions are held Tuesdays and Thursdays from 11:00 – 12:00 p.m.

The cost to attend the program is \$30 per month (for three months), and is payable to the YMCA or is free of charge for YMCA members. To register or for more information, please contact:

Lisa Newman at the YMCA at lisane@oakville.ymca.ca OR
Kate Smith, *Manager of Cancer Exercise Program, GTA* at
kate@wellspring.ca.

YMCA Oakville

410 Rebecca Street
Oakville, ON L6K 1K7
905-845-3417



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