



Redefining Exercise Goals During Cancer

Ready to get moving and add more physical activity to your life? In this *free*, virtual event, Dr. Stacia Akers (Doctor of Physical Therapy) will explain the benefits of exercise throughout cancer treatment, how to redefine your own activity routine, and offer resources for free and low-cost movement programs for cancer patients.

Monday, January 13th, 2025

4:30-6:00 p.m. *Virtual*

Register at:
www.legacyhealth.org/cancerclasses
or scan the QR code



LEGACY CANCER
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Questions?

Contact Blair Allen at:

CancerClasses@lhs.org or 503-413-7284