

Cancer Care Orientations



OPEN ENROLLMENT

Monday through Friday (30 minute sessions weekly)

Our six week orientations will include the following:

- Instruction on how to use cardiovascular and resistance training equipment safely and within accordance to the American College of Sports Medicine recommendations.
- Guidance and motivation to engage in other YMCA classes such as Yoga, Tai Chi and Water Classes.
- Support and Focus on the well-being of the person and the goal to improve overall strength, flexibility and endurance
- Helpful evaluations using fatigue and pain scales.

- + \$Free for members
- + \$30 for nonmembers (with a 6-week temporary membership)
- + Location: Massad & King George Family YMCA
- + Contact: Naomie Murdock at nmurdock@family-ymca.org for any questions.



www.family-ymca.org



Mary Washington Healthcare

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