

SIRvivor BC: Prostate Cancer Exercise Program



SIRvivor is a specialized exercise program that supports men living with prostate cancer, helping you to increase flexibility, improve muscle and cardio vascular fitness, meet new people, and learn safe and effective exercises.

When and Where:

Zoom Virtual Program (Morning)

October 5-December 30, 2020

Mon/Wed 10:00-11:00am

Zoom Virtual Program (Afternoon)

October 5-December 30, 2020

Mon/Wed 1:00-2:00pm

To register, contact instructor Lisa Neukomm:

inspiredlifestyles@shaw.ca or 778-281-0694

This program is currently being evaluated under a research study with The University of British Columbia.

For more information, please contact our research coordinator:

Phone: **604-827-1914** Email: sirvivor.bc@ubc.ca

or visit our website at cepl.rehab.med.ubc.ca/research-2/sirvivor-bc/

- ▶ You will be asked to complete a simple telephone screening call 2 weeks prior to the first class
- ▶ The exercise program is offered biweekly for 1 hour for 12 weeks



Prostate Cancer Supportive Care

