

Cancer Exercise Class

Prehab & Risk Reduction for Cancer Patients



Join us for an exercise experience focused on both prehab and risk reduction – optimizing your health prior to treatment, and maintaining good weight and health throughout your cancer journey to reduce risk of recurrence. Studies have shown a moderate amount of exercise greatly improves survival and quality of life. The class will be led by fitness expert Milka Gronlund and is open to both men and women. Participants are welcome to join at any point.

Class Features:

- Custom, individualized fitness program
- 15 minute appointment during class series to review individualized fitness plan
- Simple and non-strenuous fitness assessments to measure progress
- Mindfulness practice with focus on building body, mind and spirit connection

Mondays from 6:30-7:30 p.m.

Patty & George Hoag Cancer Center,
One Hoag Drive
Newport Beach CA 92663
(Auditorium)

Wednesdays from 6:30-7:30 p.m.

Hoag Cancer Center Irvine, (Canyon/Creek Rooms)
16105 Sand Canyon Avenue
Irvine, CA 92618
(2nd floor)

Please Note: No classes will take place December 23 - January 2 at either location.

\$50 class fee will apply. Special rates apply to those under active surveillance for prostate cancer.