

# Free Individual Exercise Counseling for Cancer Patients



*We want YOU moving!  
(And we'll help you do it!)*

The UCSF Helen Diller Comprehensive Cancer Center offers a complementary 1-hour individualized exercise consultation to UCSF cancer patients. This session will explore your individual circumstances, interests and time availability, to develop a program that meets your needs, during or after treatment.

**Get connected with an Exercise Counselor**

**Appointments currently available by Video and by Telephone. To schedule an appointment,**

**Please call 415-502-5547**

## **Three Reasons to Exercise:**

- Speed recovery for cancer survivors
- Enhance treatment effectiveness
- Can reduce and eliminate some of the side effects of cancer treatment

## **Exercise Counselors**

Jane Clark is a Cancer Exercise Trainer certified by the American College of Sports Medicine. She has extensive clinical and fitness training experience working with cancer patients and survivors. You will receive plenty of encouragement to help you start and continue your exercise program.

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