



ACTIVE LIVING AFTER CANCER

MD Anderson offers free support to help cancer survivors get active, make healthy choices and feel better.



12 WEEK SESSION NO CHARGE

- Learn how to be more physically active
- Get support from other cancer survivors
- Discover resources for cancer survivors

PROGRAM BENEFITS

- Reduce risk of cancer recurrence
- Reduce fatigue
- Manage stress
- Improve strength

PROGRAM REQUIREMENTS

- Survivors and caregivers who are not receiving chemotherapy or radiation.

Now Recruiting Cancer Survivors and Caregivers!

Participants receive:

ALAC participant manual

Pedometer

Water bottle

Resistance band

T-shirt

Cancer survivorship resources

Shopping bag for incentives

Invitation to MD Anderson events



FOR MORE INFORMATION, CONTACT 713-563-6781 OR
SCAN THE QR CODE
ALAC.PROGRAM@MDANDERSON.ORG