

Add exercise to your treatment plan.
Get started with Exercise Counseling.

What is Cancer Exercise Counseling?

Exercise Counseling is an opportunity for patients to meet with a Sunflower Wellness cancer exercise specialist. We provide a custom-designed exercise program for you. Exercise Counseling will help you begin an individual exercise program to cope with and recover from cancer treatment.

Why exercise?

Exercise during or after cancer treatment can:

- ✓ reduce rates of cancer recurrence
- ✓ increase rates of survivorship
- ✓ reduce stress & lower fatigue
- ✓ increase energy & bone density

Sunflower Wellness empowers people living with cancer to find strength and support through exercise.



How To Get Started

Schedule a **FREE Exercise Counseling Appointment**

Call (415) 234-7010 Ext. 1

Where is Sunflower Wellness Exercise Counseling available?

Many locations in Marin County and San Francisco

Sign Up & Join Sunflower Wellness Exercise Classes

Bay Club Marin | The Club at Harbor Point | YMCA – San Rafael | Rolling Hills Club

Find a Complete Class Schedule at: sunflowerwellness.org

Our Clinical & Fitness Partners



Expertise with Exercise Counseling

Our Exercise Counselors are certified by the American College of Sports Medicine (ACSM) with a Cancer Exercise Trainer (CET) certification. This special designation gives us the skills to adapt many forms of exercise to meet the needs of people living with cancer.



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sunflowerwellness.org

Sunflower Wellness is a 501(c)(3) nonprofit charitable organization.

