

# Physical Activity: MOVING ON Where to Learn More



## Additional Resources

### ☞ **UCSF Exercise Counseling**

- RX Exercise: 415-514-6430
- Tuesdays 10:00am to 1:00pm UCSF Mission Bay
- Thursdays 12:30pm to 4:00pm UCSF Mt Zion

### ☞ **Moving Through Cancer: A Guide to Exercise for Cancer Survivors**

[http://cancer.ucsf.edu/\\_docs/crc/MovingThroughCancer2016.pdf](http://cancer.ucsf.edu/_docs/crc/MovingThroughCancer2016.pdf)

### ☞ **Cancer Resource Center Exercise Classes**

<http://cancer.ucsf.edu/support/crc/exercise-classes>

### ☞ **Strength After Breast Cancer**

<https://ptrehab.ucsf.edu/strength-after-breast-cancer>

### ☞ **Sunflower Wellness**

<https://www.sunflowerwellness.org/sfw/start-here/bayarea/findclasses/>

**“Sunflower Wellness gives me a positive environment to grow healthier and stronger than I have ever been. It also gives me hope and to keep going.”**

*– Sunflower Wellness class participant*

