Physical Exercise and Survivorship: Where to Learn More

**Additional Resources**

- “Moving Through Cancer” by Dr. Kathryn Schmitz
- UCSF Cancer Exercise Counseling Program
  - Ucsfhealth.org/services/cancer-exercise-counseling
  - 415-502-5547
- Core and More Exercise Class
  - Wednesdays from 10-11am
  - Email: Jordan.labrec@ucsf.edu
- Exercise is Medicine: Moving through cancer
  - Exerciseismedicine.org/eim-in-action/moving-through-cancer/