

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](https://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/

