

SIRvivor BC: Prostate Cancer Exercise Program



SIRvivor is a specialized exercise program that supports men living with prostate cancer, helping you to increase flexibility, improve muscle and cardio vascular fitness, meet new people, and learn safe and effective exercises.

When and Where:
Minoru Centre for Active Living
7191 Granville Street, Richmond

May 5 - June 12, 2021
Wednesday and Saturday, 2:30-3:30pm

Register:
www.richmond.ca/register or 604-276-4300

This program is currently being evaluated under a research study with The University of British Columbia.
For more information, please contact our research coordinator:

Phone: **604-827-1914** Email: **sirvivor.bc@ubc.ca**
or visit our website at **cepl.rehab.med.ubc.ca/research-2/sirvivor-bc/**

- ▶ You will be asked to complete a simple telephone screening call prior to the first class
- ▶ The exercise program is offered twice per week for 1 hour

