



Active Living After Cancer Workshops

This 12-week, free workshop series is designed to help cancer survivors and their caregivers who are not currently receiving treatment to make healthy choices, get active and ultimately feel better.



Support from other survivors



Increase steps using **FREE** pedometer



Manage stress and reduce fatigue



Learn about healthy nutritional habits



Increase strength and flexibility using **FREE** resistance bands



Improve overall health and reduce risk of cancer recurrence

Register by phone, email, or online at
www.uthct.edu/lifestyle-change-programs-workshop-registration/.

lifestylechangeprograms@uthct.edu | (903) 877-1436



Active Living After Cancer Workshops

Attendance to all workshops is required in order to complete the program.

Workshops are held weekly in-person.

Tuesdays, 1 p.m. – 2:30 p.m.

January 10

January 17

January 24

January 31

February 7

February 14

February 21

February 28

March 7

March 14

March 21

March 28

In-Person Location:

Tyler Senior Citizen
1915 Garden Valley Rd.
Tyler, TX 75702

You can also register by phone, email, or online at www.uthct.edu/lifestyle-change-programs-workshop-registration/.

