

Are you a woman diagnosed with cancer?

Interested in trying out different types of exercise?

Come and try out different types of exercises at the University of Toronto!

Researchers from the University of Toronto are performing a study investigating how female cancer survivors feel during and after different types of exercise.

If you are a **woman diagnosed with cancer** and:

- 18-75 years old
- Completed treatment within 5 years
- Not exercising regularly

You can help us, help you!

Study includes: **three sessions over the course of 1.5 weeks** consisting of a variety of exercises for 20 minutes (with breaks)

You will be compensated \$20 for participation in each session for a total of \$60.

Please contact Allyson for more information:

416-946-5856 or allyson.tabaczynski@mail.utoronto.ca