



Partnering together
to make a
difference in the
lives of individuals
battling cancer.

To schedule your
appointment contact RJ Ward
at 814.762.1895 or
rj.ward@mapletrcanceralliance.org

Marin Health
1350 S. Eliseo Drive, Suite 120
Greenbrae, CA 94904

Maple Tree Cancer Alliance is a 501(c)(3)
non-profit organization.
©2021 Maple Tree Cancer Alliance.
All rights reserved.

EXERCISE TRAINING

Exercise is safe and effective during and following cancer treatment!

Benefits of Exercise

- Improved overall quality of life
- Increased muscular strength
- Increased treatment tolerance
- Increased range of motion
- Decreased treatment-related side effects

Our Exercise Oncology Instructor, RJ Ward, will design an individualized, structured rehabilitation program for you at any stage of your recovery.

Each exercise program we create is developed according to your health status and goals – *just for you!*

Services

- Comprehensive Fitness Assessment and Exercise Prescription
- Individualized Exercise Program and Personal Training

All fees are paid through donations and by our annual fund raising events.

There is no cost to the patient.

Check our website for a complete list of locations. Maple Tree is Growing!
www.mapletrcanceralliance.org

