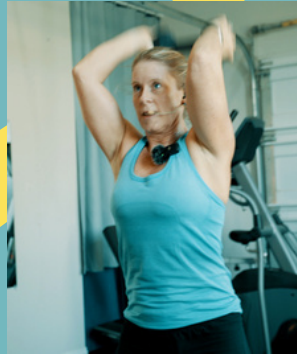




FIT TOGETHER
WE ARE FIT TOGETHER

Evidence-based, professionally led, remote group exercise programs for people, of any fitness level, who aim for agency over cancer.



We offer several types of exercise and movement classes (strength, mobility, yoga, and more) addressing different types of side effects and concerns faced by cancer survivors and caregivers. Our online classes take place in real time with instructors that work with each person's needs and goals in mind.



**FIT TOGETHER IS A
SUPPORTIVE
COMMUNITY THAT WILL
KEEP YOU CONNECTED
AND ACTIVE**

FOR MORE INFO VISIT US AT WWW.FITTOGETHERTRAINING.ORG

QUESTIONS? EMAIL fitt@fittogethertraining.org