

# Version 2 of the Cancer WellFit™ Manual is here.

The Cancer WellFit Program™ started at Santa Barbara Athletic Club in 1994. Since its inception, more than 500 cancer survivors have participated in this exercise program. Our manual is a compilation of over 10 years of success in working with this very special group.

The Cancer WellFit™ Manual includes.....

- The History of Cancer WellFit
- Marketing Your Program
- Exercise and Oncology Rehabilitation
- WellFit Exercise Protocols
- Clinical Outcomes
- Orthopedic concerns
- Nutritional Information
- Medical Components
- Lymphedema Exercise Protocols

For More Information or To Place an Order;

Visit our website at [www.cancerwellfit.com](http://www.cancerwellfit.com)

Email us at [info@cancerwellfit.com](mailto:info@cancerwellfit.com)

Call Julie Main at The Santa Barbara Athletic Club

(805) 966-6147 ext 221

Complete the information below and fax it to (805) 963-5796 or mail it to;

Cancer WellFit Program

C/O SBAC

520 Castillo St.

Santa Barbara, CA 93101



Please send me a copy of the Cancer WellFit™ Program Manual. Payment may be made by check or credit card.

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