



# TrueNTH Lifestyle Management Coaching Workshop

Are you a man who's been diagnosed with cancer or caring for someone with cancer? Are you looking to become more active to better take care of yourself and your family?

Join our True North Lifestyle Management program tailored to men impacted by cancer facilitated by a Clinical Exercise Physiologist with experience in exercise oncology.

Throughout this program, you will:

- Gain tools to improve your overall well-being
- Improve your fitness and energy levels by working on strength, flexibility and endurance
- Participate in group workout sessions and connect with other men impacted by cancer
- Participate in a pre and post fitness assessment to monitor your progression throughout the program (information is confidential)



8 week program - starting October 16<sup>th</sup> and ends December 6<sup>th</sup> 2018



Tuesdays 5:30-6:30pm & Thursdays 5:30-7pm\*

The group meets twice per week for a 60 min workout. Note that the second session of each week will be followed by \*a short 30 min presentation on special topics around wellness (i.e. nutrition, stress, sleep and meditation.)



**Registration closing: October 9<sup>th</sup>, 2018**

1500 Alta Vista Drive (free parking available)

The fee is \$155.00



**To register or for more information:**

Contact Joëlle Perrier, Program Assistant

at 613-247-3527 or by email at [jperrier@ottawacancer.ca](mailto:jperrier@ottawacancer.ca)



The Ottawa Regional Cancer Foundation helps people in our community take control of their cancer and support family and caregivers of people living with cancer by providing increased access to personal cancer care through the delivery of Cancer Coaching close to home.

The Foundation has partnered with TrueNTH Lifestyle Management to deliver this program to help men who have been impacted by cancer, as a person living with cancer or as a caregiver to achieve a good quality of life and to feel knowledgeable and confident about their ability to take charge of their health and well-being.



Ottawa Regional  
**Cancer  
Foundation**

**Fondation  
du cancer**  
de la région d'Ottawa

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