

Be strong. Be comforted. Be together.

The 12-week program allows participants to use Ames Racquet and Fitness facilities while enrolled in Courage in Motion. Participants are offered a rotating schedule of exercise classes led a certified personal trainer. The classes are also provide an opportunity for participants to connect and share their experiences with each other. All sessions are held on Thursdays at 1 p.m. at North AFRC, 2622 Stange Rd., Suite 101, Ames, IA.

To get started with the program, join us at one of the weekly sessions with a completed Medical Clearance Form. Participants must have all paperwork completed prior to starting the program. Standard fitness attire is suggested. To register or for more information, contact the Cancer Resource Center, 515-956-6440 or 866-972-5477.

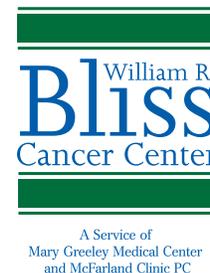
Join other cancer patients and survivors in an innovative program that's designed to provide you a network of support and help you feel better.



Be bold. Be brave. Be connected.

Courage *in Motion*

A program for cancer patients, survivors and caregivers. Made possible by a partnership with Mary Greeley Medical Center and Ames Racquet and Fitness Center.





PROGRAM DETAILS

Receiving a cancer diagnosis can be a frightening and bewildering experience. That's why support—for patients, for survivors, for caregivers—is so vital. This is also why the Cancer Resource Center at the William R. Bliss Cancer Center launched Courage in Motion.

Courage in Motion is designed to be a pathway to hope and health for people who are currently undergoing cancer treatment or have gone through treatment in the past year. The patient's caregiver is also eligible. There is no charge for this program.

The program begins with a 6-week course at Mary Greeley Medical Center. Participants can then choose to continue with a 12-week program at Ames Racquet and Fitness Club (AFRC).

The 6-week program at Mary Greeley includes three components:

- **Exercise class, Tuesdays at 4 p.m., 6th floor of the medical center's south tower.** Participants will meet at 3:45 p.m. in Mary Greeley's main lobby and be escorted to the class. The class is led by an exercise physiologist with Mary Greeley's Rehab & Wellness Department.
- **Water class, Fridays at 2 p.m., in the Rehab & Wellness therapy pool in the lower level of the Medical Arts Building.** Participants will meet at the Medical Arts Building.
- **Support group, Tuesday at 5 p.m.**

(see back for additional information)

Courage in Motion Referral and Medical Clearance Form

Dear Doctor or Nurse Practitioner:

_____ is considering participation in Courage in Motion, a health and wellness program run by Ames Racquet and Fitness Center in collaboration with Mary Greeley Medical Center's Cancer Resource Center. Due to his/her current physical status, your input is essential to ensure a safe, effective and enjoyable experience for this person. Each participant must have this form, completed by you, indicating the reason for referral to the program.

Please indicate below, your professional opinion regarding this participant's enrollment in the program. If you know of any medical or other reason(s) why this person should not participate, please note it on this form. By completing this form, you are not assuming any responsibility for our administration of this program.

If you have any questions or concerns, please contact the Bliss Cancer Resource Center coordinator at 515-956-6410.

Medical Professional's Name: _____

Can participate in (*check those that apply*): Land Class Aqua Class

Signature: _____

Date: _____ Phone: _____

Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

I give Mary Greeley Medical Center, Ames Racquet and Fitness Center and the William R. Bliss Cancer Resource Center permission to discuss my medical status with my physician to ensure a safe, appropriate and enjoyable exercise program will be designed.

Signature: _____ Date: _____

(Participant)