



EX-MED
cancer

best-practice
exercise medicine program
for people with cancer



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**Opportunity to take part in
a research study designed to
improve your health and wellbeing**

- Receive 3 months of free supervised exercise at fitness centres throughout Melbourne
- Sessions are supervised by qualified exercise physiologists who specialise in exercise for people with cancer
- You'll receive an individualised program specific to you and will be exercising with a small group of other cancer survivors



For more information please contact

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