



Join the RESTORING BALANCE PHYSICAL ACTIVITY PROGRAM

ARE YOU A NATIVE AMERICAN, 18+ YEARS AND A CANCER SURVIVOR?
INTERESTED IN LEARNING HOW TO EXERCISE?

THIS FREE PROGRAM IS PART OF A RESEARCH STUDY DESIGNED TO HELP NATIVE AMERICANS IMPROVE THEIR HEALTH DURING OR AFTER CANCER TREATMENT

TRAINER-SUPERVISED AEROBIC AND RESISTANCE EXERCISE THAT IS FLEXIBLE, TO FIT YOUR SCHEDULE, PAIRED WITH A HOME PROGRAM.

FITNESS TRAINERS CAN BE FOUND IN LEUPP, WINSLOW, & FLAGSTAFF!

INCENTIVES LIKE FITBITS, T-SHIRTS, WATER BOTTLES, AND BAGS ALONG WITH GIFT CARDS & GAS CARDS

PHYSICAL ASSESSMENTS THAT WILL HELP YOU UNDERSTAND HOW EXERCISE AFFECTS YOUR BODY

START ANYTIME!

QUESTIONS OR WANT TO SIGN UP? CONTACT:

Brenda Charley at 928-856-1030 or Brenda.Charley@nau.edu

Or visit: collaboratory.arizona.edu/restoringbalance

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THE UNIVERSITY OF ARIZONA
Cancer Center

An Institutional Review Board responsible for human subjects research at The University of Arizona reviewed this research project and found it to be acceptable according to applicable state and federal regulations and University policies designed to protect the rights and welfare of participants in research.