

# ACCESS

## A SUPPORTIVE PHYSICAL ACTIVITY RESEARCH PROGRAM FOR CANCER PATIENTS & SURVIVORS

The **Activating Cancer Communities through an Exercise Strategy (ACCESS) is going **VIRTUAL**. ACCESS is a research program that offers cancer patients and survivors the opportunity to take part in exercise with other patients/survivors, and trained exercise professionals in a safe and supportive environment. In response to the COVID-19 pandemic, we are now piloting a virtual, live-streaming, exercise program. Findings from this study will help support the development of virtual exercise programming for cancer patients/survivors who are not able or prefer not to attend an in-person exercise class.**

### YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- Have had a cancer diagnosis;
- Are over the age of 18 years old;
- Are a resident of Nova Scotia;
- Are able to participate in low-intensity levels of activity at *minimum* (e.g., light walking);
- Are pretreatment, OR receiving active cancer treatment (i.e., surgery, systemic therapy and radiation therapy), OR have received cancer treatment within the past 5 years; OR have ongoing/late presenting impairments (e.g., fatigue) related to your cancer/cancer treatment; and
- You can provide consent in English.



### FOR MORE INFORMATION

Speak to your oncologist or contact a member of our research team:

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### PARTNERS

