Northwestern Medicine®
Lake Forest Health & Fitness Center

Survive Strong
Cancer Exercise Program

Survive Strong is an eight-week, small group exercise program led by a cancer exercise specialist. One-hour sessions are held twice a week. Each session includes a mix of cardio, stretching and strengthening.

Survive Strong can benefit any survivor with a cancer diagnosis, whether you are currently undergoing treatment or have completed treatment (such as chemotherapy, radiation or surgery) within the past year.

How to get started

Before you can participate, your physician must fill out the following referral form: **Survive Strong Cancer Exercise Program Provider/Clinician Approval Form**.

If patient is not approved by their doctor, call Northwestern Medicine Central Scheduling at 847.535.8000 to set up an initial evaluation with a physical therapist who specializes in oncology and lymphedema. The physical therapist will make sure you are physically able to participate in the program and determine if there are any concerns or recommendations to be addressed. Please schedule this appointment well in advance of your planned start of the program.

Kate Schnatterbeck will be teaching on Tuesday and Thursday.

For more information, contact Fabian Zapata, Medical Integration Supervisor, at 847.535.6499, or Claudia Wiser, PT, CLT, at 847.535.6516.

Cost

The physical therapist evaluation will be billed to your insurance through Northwestern Medicine. You are responsible for knowing your insurance benefits. There is no additional cost to participate in the class.

Evaluation

Evaluation will be done at Northwestern Medicine Lake Forest Health & Fitness Center in Suite 200, or at Northwestern Medicine Grayslake Outpatient Center in Pavilion C.

Schedule

Tuesday, 9 – 10 am
Thursday 10:30 – 11:30 am
Lake Forest Health & Fitness Center, third floor track.
Please enter through the main door and check in at the front desk.

Northwestern Medicine
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lakeforesthfc.com

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LFH-2675815_1223