



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: **Physical Therapy Evaluation and Treatment for Cancer Exercise Program**. This referral must also include the cancer diagnosis. It should be faxed to Central Scheduling at 847.535.8001.

Once the referral has been submitted, 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.

For more information, contact Anthony Simone, Fitness and Medical Integration Liaison, at 847.535.7140, 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 and Thursdays, 11 am–noon
Lake Forest Health & Fitness Center,
third floor track.
Please enter through the main door
and check in at the front desk.

Northwestern Medicine
Lake Forest Health & Fitness Center
1200 North Westmoreland Road
Lake Forest, Illinois 60045
847.535.7000

lakeforesthfc.com