

DID YOU KNOW?



Physical Activity is





- ✓ Safe
 - BeneficialRecommended

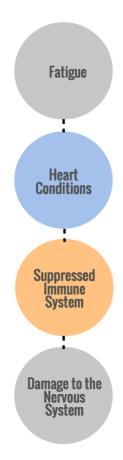


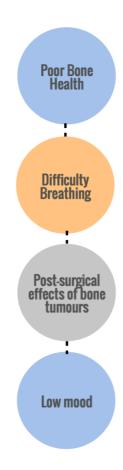


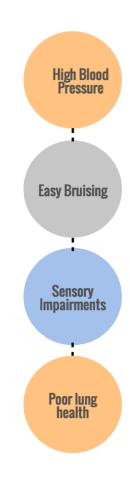


Physical activity can help with the side effects of treatment:









Refer to Ch 5 in the POEM Manual for Specific Activity Recommendations