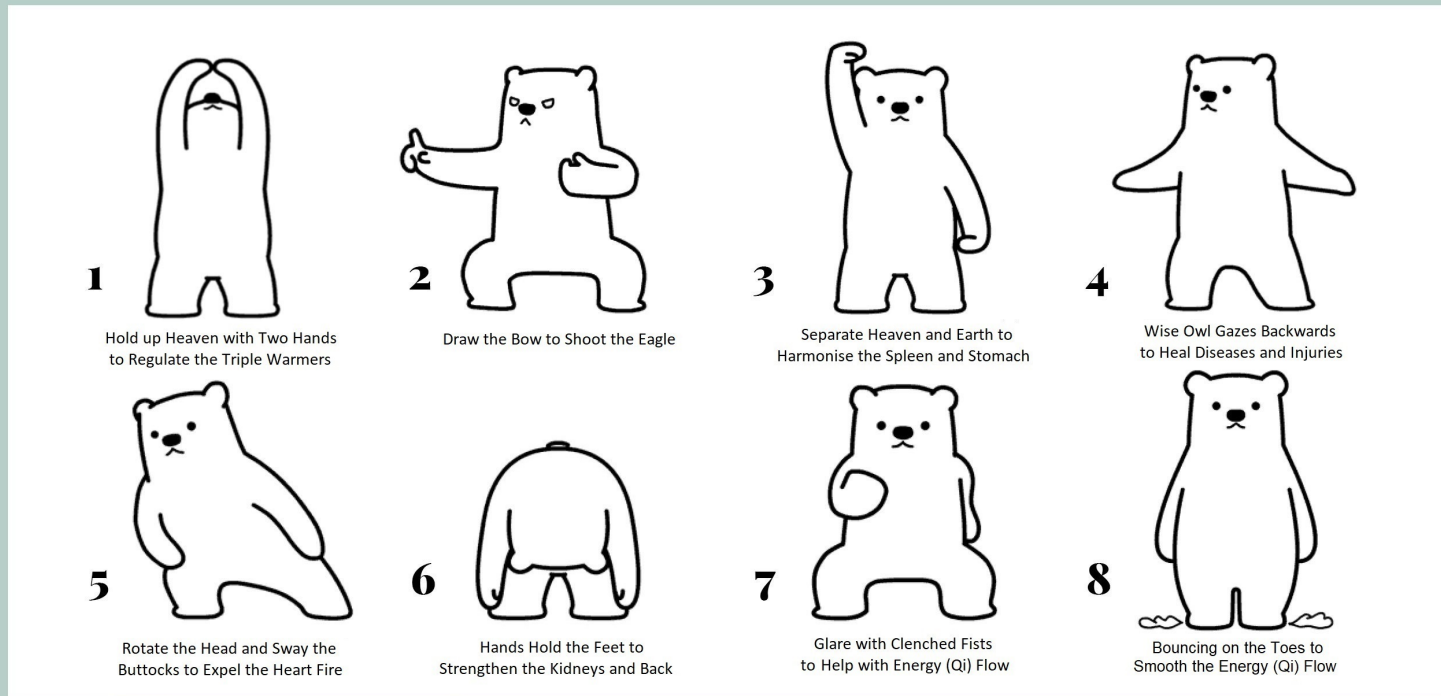


Baduanjin 八段錦

Mind-body Exercise for cancer related fatigue

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www.kanpobliss.com
Photo Source: QQ family



If you are

- ≥ 18 years of age
- Receiving chemotherapy or completed chemotherapy within 6 months
- Living with any type and stage of cancer
- Suffering from moderate cancer related fatigue
- Able to access and use a smart phone, email and Zoom conferencing app
- Understand and communicate in English

FREE 8-WEEK
ONLINE EXERCISE PROGRAM

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