

## **CANCER SURVIVORS NEEDED:**

### **VOLUNTEERS NEEDED FOR A RESEARCH STUDY EVALUATING THE BENEFITS OF A PHYSICAL ACTIVITY PROGRAM FOR CANCER SURVIVORS**

#### Who's Eligible?

- Charleston, Berkeley or Dorchester county residents
- Able to get medical clearance to participate
- Age 18 or older

#### What's Involved?

- Attend a 2-hour meeting to learn about 2 physical activity programs (walking and paddling); then choose if you would like to participate in either of these study-sponsored programs
- Get medical clearance from your doctor to participate
- Attend an evaluation session where you will be asked to complete a survey and physical fitness evaluations
- Participate in an 8-week physical activity program
- Complete a survey
- Compensation provided

#### Benefits of Participating:

- Aerobic capacity and physical strength evaluation
- Participation in a structured physical activity program with other survivors
- Help researchers understand more about the benefits of physical activity programs for cancer survivors

Principle Investigator: Cindy Carter, PhD, Medical University of South Carolina, Hollings Cancer Center

**For more information or to volunteer, call (843) 792-8250. Ask about the Physical Activity Study.**