

Welcome to The Wellness Exchange!



Thanks to our Sponsors



Ms. Sandra Henson



THE BEAUTY WELL



cancer active



EXCEL FITNESS



FLEET FEET



Claudio Battaglini, PhD



- Pioneer in exercise oncology
- Founder of Get Real and Heel
- Accomplished researcher
- Cancer advocate

What is Get Real and Heel?

ENROLLMENT

- Intake Forms
- Medical Clearance
- Surveys
- Physical Assessment

END OF PROGRAM

- Surveys
- Physical Assessment
- Program Satisfaction Survey

12 WEEKS

- Program attendance 2x/week
- Trained program facilitators
- Student volunteers
- English and Spanish speaking programming

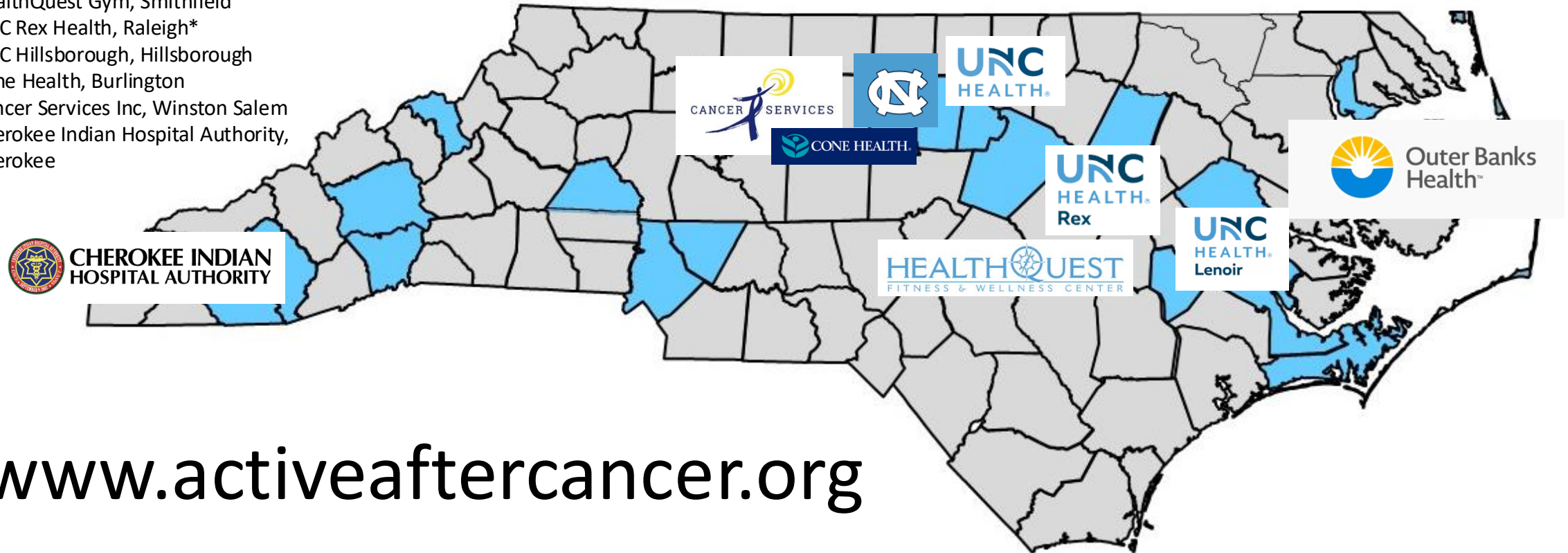
AFTER GRADUATION

- Open Gym
- Yoga
- Community Events
- Lunch and Learn Series
- Stronger Together Support Group



Community Partners for Get Real and HEEL - Mountains to the Coast

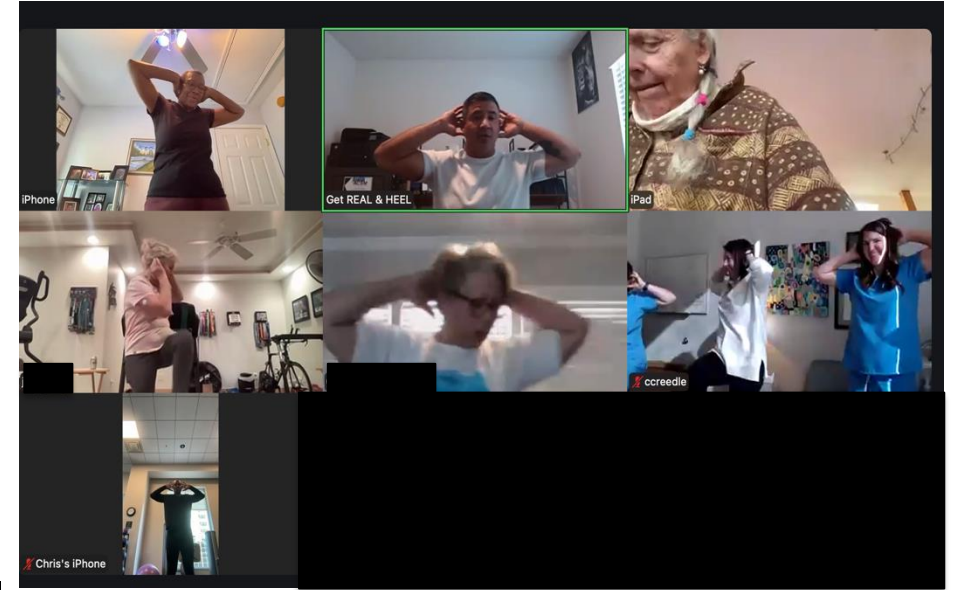
- UNC Chapel Hill, Chapel Hill
- Outer Banks Hospital, Nags Head
- Lenior Wellness, Kinston
- HealthQuest Gym, Smithfield
- UNC Rex Health, Raleigh*
- UNC Hillsborough, Hillsborough
- Cone Health, Burlington
- Cancer Services Inc, Winston Salem
- Cherokee Indian Hospital Authority, Cherokee



www.activeaftercancer.org

More options!

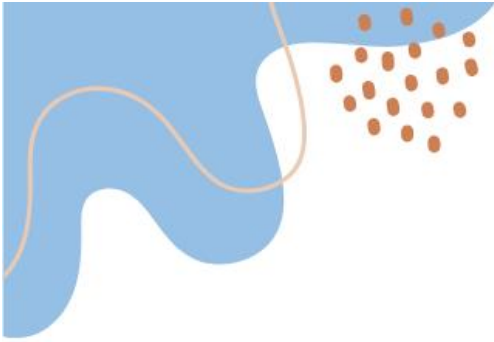
- Fully online program
 - Meets three times a week
- Pa'lante!
 - Cancer Services Inc. and UNC Hillsborough



Connect with Get Real and Heel

- Flyers in welcome bag with our programs
 - Yoga, support group, mindfulness, exercise
- Scan this QR code and email us!





GET REAL & HEEL



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