



Take a Splash- Aquatic Program



There's probably nothing better than Aquafit. Often dubbed as the perfect workout, it is a less weight-bearing form of exercise supporting your body in the water. It enhances muscle strength, improves endurance and keeps you in a good shape. In addition, research studies show that aquatics has positive effects on mental health. It improves moods, relaxes and calms the body.

For people affected by cancer, aquatic activity is an exercise that offers benefits during and after treatment. Through physical activity, people with cancer can relax while relieving stress and reducing depression caused by the illness. Quality of life is, therefore, improved through physical activity such as Aquafit.

The Take a Splash—Aquatic Program
is open to all cancer patients & survivors within five years of their treatment.

Mondays 9:30am-10:30am

Location: Shindleman Aquatic Centre, Stride Place

To Register Contact: Central Plains Cancer Services

By Emailing:

adminassistant@cpcancerservices.ca

Or phone: 204-857-6100

Cost: There is no fee to participate.

#peoplehelpingpeople #promotinghealthandwellness