

Research Opportunity

CONNECT WITH OTHER CANCER SURVIVORS TO BECOME MORE PHYSICALLY ACTIVE!

Researchers from the University of Toronto are looking for cancer survivors to participate in a 6-week program where you can meet other cancer survivors and become more physically active!

What will I be doing?

- Matched with a peer mentor
- Attend a 60-min webinar hosted by a qualified exercise professional to learn about physical activity
- Meet weekly for 5 weeks (30-60 min each) with your peer mentor to discuss strategies for adopting physical activity
- Complete questionnaires before and after the program (20-25 min each)
- May be asked to participate in an interview (~30 min)

Who can participate?

Anyone diagnosed with cancer who:

- ≥ 18 years of age
- Not regularly physically active (<90 minutes/week)
- has completed primary treatments
- has localized stage of cancer
- access to the internet

You will also receive \$10 as a thank you for your participation

Interested in learning more?

Contact Ally

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