

**Office**

Betsie Hosick Health and
Fitness Center
The Journey Program
224 Park Ave.
Frankfort, MI 49635

Frankfort 2020 Classes

	Winter	Spring	Summer	Fall
From:	January 7	March 24	June 19	Sept. 15
To:	March 12	May 28	Aug. 13	Nov. 19

Phone

231-276-2494

Fax

231-352-9663

Email

thejourneyprogramtc@gmail.com

Web

thejourneyprogramtc.com

Duration: 10 weeks

Location: Betsie Hosick Health & Fitness Center

Days: Tuesdays and Thursdays

Time: 11:00a.m. - 12:00 noon

This program is sponsored by Fyzical Therapy & Balance Center and Anytime Fitness of Traverse City and is offered as a community service free to cancer patients who are newly diagnosed, undergoing treatment, in remission and cancer survivors 2 years post treatment. The program runs for 10 weeks. The first 10 people to get their paperwork turned in will be accepted into this session and scheduled for an initial assessment prior to the program start date. Post assessments will be scheduled at the end of the program.

Sponsored By

Please complete your health history and waiver and have a physician sign the release form. Once these are completed, please send the information back to:



Betsie Hosick Health & Fitness Center
Attn: Journey Program
102 Frankfort Rd.
Frankfort, MI 49635
Or fax to: (231) 352-9663

Once we receive your documents, we will call you to schedule your initial assessment which must be completed prior to program start date.

Thank you!

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Journey: Cancer Exercise Wellness Program