



Ascension

Cohort one (Mondays/Wednesdays)

First week of program

- **Day 1: (September 9th) In person 2:30pm-4:30p.m at YMCA New Berlin 3610 Michelle Witmer Memorial Dr, New Berlin, WI 53151 (90 minutes)**
 - Initial individual meet and greet with cancer survivor, caregiver/support individual, registered dietitian and cancer exercise specialist.
 - Completion of pre-assessments
 - Complete nutrition and exercise SMART goals.
 - Sign participation waiver, if not completed yet.
 - Hand out incentives and rental watches
- **Day 2 (September 11th) Virtual 2:30- 3:15 : First zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Second week of program

- **Day 1 (September 16th): In person 2:30pm-4:00pm at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to the benefits of exercise during and after treatment by Kara Vander Vliet Cancer Nurse, Breast Cancer Survivor, and Cancer Exercise Specialist
 - Last 60 mins: Physical activity
- **Day 2 (September 18th) In person 2:30-3:30 at Conservancy for Healing and Heritage 7410 W Rawson Ave, Franklin, WI 53132 (60 minutes)**
 - Forest Therapy Walk guided by Allison Kitzerow, certified Nature and Forest Therapy Guide

Third week of program

- **Day 1 (September 23rd): In person 2:30pm-4:00pm at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to lymphedema risk, prevention, and identification by Kimberly Bohmann, certified lymphedema specialist



Ascension

- Last 60 mins: physical activity
- **Day 2(September 25th)Virtual 2:30- 3:15** : *Zoom exercise meeting*
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Fourth week of program

- **Day 1(September 30th): In person 2:30pm-4:00pm at YMCA New Berlin** *Weekly in-person exercise groups (90 minutes)*
 - First 30 mins will be focused on survivorship education related to adequate nutrition regardless of “nutrition impact symptoms”
 - Utilizing American Cancer Society book for references
 - Last 60 mins: physical activity
- **Day 2(October 2nd) In person 2:00-3:00pm at YMCA New Berlin: Teaching kitchen: Breakfast (60 minutes)**

Fifth week of program

- **Day 1: Monday (October 7th) 2:30p.m-4:00 p.m:** *Weekly in-person exercise groups (90 minutes)*
 - First 30 mins will be focused on survivorship education related to impact of tobacco and alcohol
 - Last 60 mins: physical activity
- **Day 2(October 9th)Virtual 2:30- 3:15** : *Zoom exercise meeting*
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Sixth week of program

- **Day 1(October 14th): In person 2:30pm-4:00pm at YMCA New Berlin** *Weekly in-person exercise groups (90 minutes)*
 - First 30 mins will be focused on survivorship education related to brain fog and how exercise can help. Followed by 15 minutes of Yoga by Stacey Wodehouse yoga4cancer certified instructor
 - Last 60 mins: physical activity



Ascension

- **Day 2(October 16th): In person 3:00pm-4:00pm at YMCA New Berlin:Teaching kitchen Lunch/Dinner (60 minutes)**

Seventh week of program

- **Day 1(October 21st)In person 2:30pm-4:00pm at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to reading nutrition labels and grocery shopping
 - Last 60 mins: physical activity
- **Day 2 (October 23rd) Virtual 2:30- 3:15 : Zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Eighth week of program

- **Day 1(October 28th)In person 2:30pm-4:00pm at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to nutritional myths
 - Last 60 mins: physical activity
- **Day 2(October 30th)Virtual 2:30- 3:15 : Zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Ninth week of program

- **Day 1(November 4th)In person 2:30pm-4:00pm at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related YMCA Livestrong Program
 - Last 60 mins: physical activity
- **Day 2(Nov 6th)Virtual 2:30- 3:15 : Zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation



Ascension

Tenth week of program

- **(November 11th) In person 2:30pm-4:30pm at YMCA New Berlin: Individual assessments/evaluations/return rentals**

Cohort 2: Tuesdays/Thursdays

First week of program

- **Day 1 (January 7th) In person 2:30pm-4:30p.m at YMCA New Berlin 3610 Michelle Witmer Memorial Dr, New Berlin, WI 53151)**
 - Initial individual meet and greet with cancer survivor, caregiver/support individual, registered dietitian and cancer exercise specialist.
 - Completion of pre-assessments
 - Complete nutrition and exercise SMART goals.
 - Sign participation waiver, if not completed yet.
 - Hand out incentives and rental watches
- **Day 2 (January 9th): Virtual 2:30- 3:15 : Zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Second week of program

- **Day 1 (January 14) In person 2:30p.m-4:00 p.m at the YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to the benefits of exercise during and post treatment by Kara Vander Vliet Cancer Nurse, Breast Cancer Survivor, and Cancer Exercise Specialist
 - Last 60 mins: physical activity
- **Day 2 (January 16th) In person 2:00p.m-3:00p.m at YMCA New Berlin: Teaching kitchen Breakfast (60 minutes)**

Third week of program



- **Day 1 (January 21st) In person 2:30p.m-4:00p.m at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to lymphedema risk, prevention, and identification by Kimberly Bohmann, certified lymphedema specialist
 - Last 60 mins: physical activity
- **Day 2 (January 23rd) Virtual 2:30p.m- 3:15p.m. : Zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Fourth week of program

- **Day 1 (January 28th) In person 2:30p.m-4:00p.m at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to adequate nutrition regardless of “nutrition impact symptoms”
 - Utilizing American Cancer Society book for references
 - Last 60 mins: physical activity
- **Day 2 (January 30th) Virtual 2:30 p.m- 3:15p.m : Zoom exercise meeting**
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Fifth week of program

- **Day 1: (February 4th) In person 2:30p.m-4:00 p.m: Weekly in-person exercise groups (90 minutes)**
 - First 30 mins will be focused on survivorship education related to impact of tobacco and alcohol
 - Last 60 mins: physical activity
- **Day 2 (February 6th) In person 2:00 p.m-3:00 p.m at YMCA New Berlin Teaching kitchen: Lunch/Dinner (60 minutes)**

Sixth week of program

- **Day 1 (February 11th) In person 2:30p.m-4:00p.m at YMCA New Berlin Weekly in-person exercise groups (90 minutes)**



Ascension

- First 30 mins will be focused on survivorship education related to brain fog and how exercise can help. Followed by 15 minutes of Yoga by Stacey Wodehouse yoga4cancer certified instructor.
- Last 60 mins: physical activity
- **Day 2(February 13th)Virtual 2:30- 3:15** : *Zoom exercise meeting*
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Seventh week of program

- **Day 1(February 18th) In person 2:30p.m-4:00 p.m:** *Weekly in-person exercise groups (90 minutes)*
 - First 30 mins will be focused on survivorship education related to reading nutrition labels and grocery shopping
 - Last 60 mins: physical activity
- **Day 2 (February 20th)Virtual 2:30- 3:15** : *Zoom exercise meeting*
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Eighth week of program

- **Day 1(February 25th)In person 2:30p.m-4:00 p.m:** *Weekly in-person exercise groups (90 minutes)*
 - First 30 mins will be focused on survivorship education related to nutritional myths
 - Last 60 mins: physical activity
- **Day 2(February 27th): In person 2:30-3:30 at Conservancy for Healing and Heritage** 7410 W Rawson Ave, Franklin, WI 53132 (60 minutes)
 - Forest Therapy Walk guided by Allison Kitzerow, certified Nature and Forest Therapy Guide

Ninth week of program

- **Day 1(March 4th) In person 2:30p.m-4:00 p.m:** *Weekly in-person exercise groups (90 minutes)*



Ascension

- First 30 mins will be focused on survivorship education related YMCA Livestrong Program
- Last 60 mins: physical activity
- **Day 2(March 6th)Virtual 2:30- 3:15** : *Zoom exercise meeting*
 - Reconnection/sharing success challenges over the past week
 - Lymphatic drainage and resistance band exercises
 - Mindful meditation

Tenth week of program

- **(March 11th)In person 2:30pm-4:30pm at YMCA New Berlin:** *Individual assessments/evaluations/return rentals*