

# Survivorship Community Talk: Exercise during and after Cancer Treatment

Thursday, June 13, 5:00 – 6:00 pm  
Exeter Hospital's Conference Room 1 North

Light refreshments will be served.



Course presented by: Nancy Potter, MSPT, Lead Therapist for Oncology Rehabilitation.  
Exeter Hospital Outpatient Rehabilitation

Both during and after cancer treatment, you may experience physical changes as a result of your surgery or treatment protocol. We will discuss how physical activity can make a difference in your quality of life, including survival benefits, during and after treatment. We will demonstrate ways to manage lymphedema, radiation fibrosis and long term side effects associated with chemotherapy.

To register, please call **603-580-6668**.