

Do you have advanced breast or colorectal cancer?



We are seeking people to volunteer for a research study of an 8-week supervised exercise & self-management program.

Eligibility includes:

- Metastatic or advanced breast or colorectal cancer
- 18 years +
- Able to walk without aides
- Receiving 1st or 2nd line anti-cancer treatments
- Have good English comprehension

The CaRE-AC study is a randomized study. You may receive:

- An 8-week program including supervised exercise classes and self-management classes, delivered in-person or online (virtual)
- **OR** an 8-week standard best care program
- Our programs are delivered by trained professionals
- Participation is 8 months including an 8-week program and regular short follow ups (in-person & questionnaires) at beginning and 1, 3, and 6 months after program is complete.

If you are interested finding out more about the CaRE-AC Study:

Email: exercise.research@ubc.ca

Call: 604-827-1914

Ask your Oncologist about CaRE-AC



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