



VIRTUAL EXERCISE COUNSELING

An online series that focuses on you and your healthy lifestyle goals presented by UAB Medicine Cancer Rehabilitation and UAB Division of Preventive Medicine.

Join us for a six-part Zoom* series of virtual classes, in which certified exercise physiologists from UAB Cancer Rehabilitation and Preventive Medicine will share information on planning, achieving, and maintaining a healthier lifestyle.

COST: \$60 for six classes

WHEN: 2nd and 4th Friday of each month at noon

*Participants must have a stable Internet connection and a computer or smart device capable of running the Zoom video conferencing software.

To register, please call 205-975-0002 or email moveforward@uab.edu (put CET in the subject line).