



SHIP GOES VIRTUAL

What is SHIP?

Survivors Health Initiative Project

SISTAs CanSurvive Coalition, Inc. now goes virtual with a nutrition and physical activity session created with the breast cancer survivor in mind. The project is open to those affected by other cancers and noncommunicable chronic conditions, such as being overweight, diabetes, hypertension, lymphedema, and arthritis. Sessions are now offered online as we navigate the Coronavirus pandemic for safety and physical distancing while we maintain optimal wellness.

SHIP participants receive nutrition and physical activity sessions designed to enhance quality of life of breast and other cancer survivors who meet eligibility requirements. Individuals with certain noncommunicable conditions are invited to participate. Participants will enjoy a customized physical activity plan consisting of a group exercise and nutrition class weekly to assist in adopting healthy lifestyle behaviors. SHIP is guided by certified personal trainers who have completed specialized training for work with cancer patients and those with chronic illnesses.

Participants will receive:

- dietary educational sessions
- customized group exercise sessions with certified trainers
- physical activity sessions with certified trainers
- face-to-face and telephone peer-counseling
- social support services
- educational survivorship sessions
- compliance monitoring
- quality-of-life assessment

Our Mission:

To provide cancer survivors and their families with cancer control education and support services to assist in making informed decisions regarding lifestyle changes in nutrition, physical activity and survivorship care.

Our Vision:

To enhance quality of life through an integrative biopsychosocial approach. Our vision is optimal quality of life, health and well-being for those living with and beyond cancer and other chronic conditions.

Eligibility:

Participants must be:

- Be able to participate in moderate physical activity
- 18+ years
- Completed all cancer treatment
- 6 weeks post treatment
- Transportation
- Willing to commit to 6 months participation

SHIP focuses on supporting good health and quality of life for cancer survivors and those with noncommunicable chronic conditions.. It is not intended to treat medical conditions, nor does it prescribe or develop medical treatment plans.

The participant will receive:

- weekly physical activity and educational nutrition classes
- telephone coaching and guidance to monitor progress and troubleshoot
- one-on-one individual survivor advocate services
- incentives to reinforce progress efforts

A Partnership Project of SISTAs CanSurvive Coalition, Incorporated and 2A Fitness Gym

The project does not intend to nor does it take the place of medical care. For all medical concerns , participants are advised to seek advice and care from their medical provider. All education sessions are for information purposes only.

To register or for more information go to SISTAs website at:

www.sistascansurvive.org

or call:(334) 430-1070: