



DIAGNOSED WITH CANCER? VISIT CANCERPEP.ORG

The Cancer Patient Empowerment Program is a six-month home-based comprehensive program that aims to improve the physical and mental health, and overall quality of life of people diagnosed with cancer

CancerPEP includes daily emails and videos which teach and encourage:

- Exercise and strength training/ yoga by videos
- Reduce your stress using a biofeedback device
- Dietary advice and relationship teaching
- Optional: social support through a mentor and buddy system, and bi-weekly videoconferences with co-participants

You may qualify for our program if you:

- Are an adult diagnosed with cancer of any type or stage, at any time
- Can safely do low to moderate aerobic exercise and light strength training
- Can access daily emails and watch YouTube videos
- Are willing to do 4 online surveys over 2 years
- Have a predicted life expectancy more than 1 year

LEARN MORE BY VISITING

WWW.CANCERPEP.ORG

**RESEARCH COORDINATOR
PEP@NSHEALTH.CA
902-473-7727**

**PRINCIPAL INVESTIGATOR
DR. GABRIELA ILIE
GABRIELA.ILIE@DAL.CA**

OR BY CONTACTING OUR RESEARCH COORDINATOR