

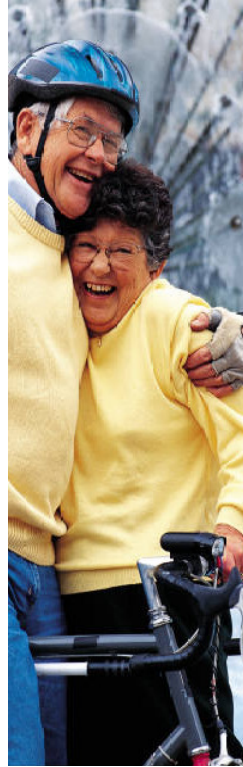
## Am I eligible?

- ✓ Are you 18 years or older?
- ✓ Have you been diagnosed with Stage 0-III colon or rectal cancer within the past 10 years?
- ✓ Are you able to walk unassisted?

*If yes... CALL US today!*

## How can I join?

- Call our research office at (401) 793-8855.
- A study staff member will tell you more about the study and answer any questions you may have.
- If you're still interested and eligible, we will schedule your first visit at a time most convenient for you.
- As always, your participation is voluntary and you can decide to discontinue at any time.



Have you or someone you love been diagnosed with colon or rectal cancer?

If yes, consider...



...investigating the role of physical activity in cancer recovery.

(401) 793-8855

Centers for Behavioral and Preventive Medicine  
The Miriam Hospital  
CORO Building, Suite 500  
1 Hoppin Street  
Providence, RI 02903



**Promoting exercise  
for men and women  
diagnosed with  
colon or rectal cancer.**

**(401) 793-8855**



**The Miriam Hospital**  
*A Lifespan Partner*

## What is the Healing Moves Study?

Healing Moves is a research study funded through the National Cancer Institute aimed at enhancing quality of life in those recovering from colon or rectal cancer.



This exciting new study is offered through The Miriam

Hospital's Centers for Behavioral and Preventive Medicine.

## The Goal..

The goal of our study is to improve quality of life for those diagnosed with colon or rectal cancer. Our aim is to help improve physical function, fitness, fatigue, body esteem and vigor in a way that is most convenient for your lifestyle.

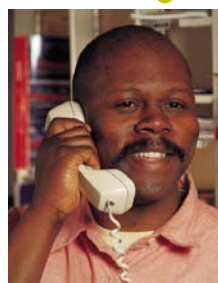
## What are the Benefits?

In a similar study of breast cancer survivors, participants became more physically active and fit, had more energy and felt better about themselves.



Your participation will contribute to gaining knowledge necessary in helping to improve the lives of others diagnosed with colon or rectal cancer.

## What's Involved?



Over the next year, eligible participants will receive 15 newsletters about issues specific to colon or rectal cancer and/or adopting a home based exercise program. Participants will have the unique opportunity to discuss difficulties and achievements through brief weekly telephone calls with our health educator.



## In addition . . .

- Participants will visit with research staff 5 times over the year. At these visits you will be asked to: complete some physical activity and quality of life questionnaires; walk on a treadmill for 1 mile walk at a pace of your choosing; and complete a body composition measurement. Parking is available in our parking garage at no cost.
- All those who participate will receive small gifts of appreciation.

