

WISE--Working Out to Increase Strength and Endurance

Website	http://mypage.iu.edu/~jdjohnst/WISE3.html
Contact	Margie Kobow
Phone	332-5555 x 221
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Address	Monroe County YMCA 2125 S. Highland Ave. Bloomington, IN 47401
Description	The W.I.S.E. Program is an exercise program designed specifically for individuals who are either currently undergoing treatment for a cancer related illness or those who have completed their therapy. This program is open to all cancer patients/survivors, regardless of cancer type, stage, or current treatment status, or time since diagnosis and treatment. Approval from your physician is required to start the program. Contact Margie Kobow at the Monroe County YMCA for the appropriate forms.
Email	jdjohnst@indiana.edu
Subjects	4 - Health , Cancer , Fitness
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Links:
 [1] <http://mypage.iu.edu/~jdjohnst/WISE3.html>
 [2] <mailto:mkobow@monroecountymmca.org>
 [3] <mailto:jdjohnst@indiana.edu>
 [4] <http://mcpl.info/category/community-organization-subjects/4-health>
 [5] <http://mcpl.info/category/community-organization-subjects/4-health/cancer>
 [6] <http://mcpl.info/category/community-organization-subjects/4-health/fitness>
 [7] <http://mcpl.info/print/pdf/commorgwise-working-out-increase-strength-and-endurance>
 [8] <http://mcpl.info/print/pdf/commorgwise-working-out-increase-strength-and-endurance>