



Search or [View Directory](#)

95 ° Scattered Clouds

The following article is from the [news archive](#). Please note that some links may no longer work.

New Exercise Program for Cancer Survivors

Classes offered at La Alma Recreation Center are designed to aid recovery.

More Information

For more information, or to register for the exercise program, call 303-409-2206.



JANUARY 09, 2004 -- In a cooperative agreement between Denver Parks and Recreation and Summit Cancer Solutions, the La Alma Recreation Center is offering a new exercise and testing program to cancer survivors. The six-month program, which costs \$99, is designed to aid recovery and improve general fitness during and after treatment.

Classes will be held at the La Alma Recreation Center, located at 1325 W. 11th Avenue.

Each participant in the program receives pre and post fitness assessments, admission to a variety of exercise classes, support from trained exercise specialists and other cancer survivors, one-on-one personal training, and social events.



The benefits of exercise are especially important during recovery. Regular exercise can combat fatigue, improve general health and cardiovascular fitness, increase strength, boost the immune system, combat depression, and give the individual a greater sense of control.

Related Links

- [Denver Parks and Recreation](#)
- [Colorado Parks and Recreation Association \(CPRA\)](#)
- [Summit Cancer Solutions, Inc. \(SCSI\)](#)

Denver joins other municipalities in the metro area in offering the program, which is provided by Colorado Parks and Recreation Association (CPRA) and Summit Cancer Solutions, Inc. (SCSI), including the Foothills Park and Recreation District, the City of Golden, South Suburban Parks and Recreation, the City of Lakewood, and the Wheat Ridge Recreation Center.

The Denver classes will be held at La Alma Recreation Center, located at 1325 W. 11th Avenue. To register for the program, please call SCSI at 303-409-2206.

Written by Content Developer [Betsy Kimak](#), Office of Television and Internet Services. Source: Denver Parks and Recreation.

-- Last updated on January 09, 2004