

Cancer Survivorship Programming

EXERCISE. SUPPORT. GUIDANCE.



EVERGREEN COMMONS

POWER
TO MOVE

EMPOWERED SURVIVORS, STRONGER TOGETHER

START HERE.

You don't have to navigate cancer alone.

At **Evergreen Commons**, we help individuals and families move forward with confidence through:

- Cancer-specific exercise
- Supportive community
- Personalized guidance

SIMPLE NEXT STEPS:

- Schedule a consultation
- Join a class
- Attend a support group

FOR MORE SUPPORT:



Marcie Gove

616-355-5127

govem@evergreencommons.org



Bree Gruppen

616-355-5102

gruppenb@evergreencommons.org



Life During & After Cancer

Cancer survivorship can bring **unexpected challenges**—both during and after treatment.

You may experience:

- fatigue or reduced strength
- balance or mobility changes
- swelling or physical discomfort
- anxiety or fear of recurrence

Caregivers and loved ones may also feel overwhelmed or unsure how to help.

These experiences are common—and **support can help**.

How We Support You

MOVE WITH CONFIDENCE

Exercise programs designed specifically for individuals living with and beyond cancer—adapted to your needs, your pace, and your goals.

BUILD A PLAN

Work one-on-one with a **CETI Cancer Exercise Specialist** to assess your current abilities and create a personalized plan. We offer comprehensive assessments, including balance, posture, and range of motion, along with individualized exercise recommendations.

FIND SUPPORT

Coffee & Connection

2nd Wednesday | 12:15-1:00pm

Coffee & light refreshments served

Support Group

4th Wednesday | 2:30-3:30pm

Topic changes monthly



Survive & Thrive

A supportive, evidence-informed exercise class for every stage of cancer survivorship.

Led by certified **Cancer Exercise Training Institute (CETI) specialists**, each session is adapted to your needs—helping you safely rebuild strength and confidence.

Created to fill a gap in our community, this program supports individuals returning to exercise while navigating physical limitations.

More than a class—it's a place to feel understood, encouraged, and empowered.

Mon, Wed, & Fri | 11:15am–12:00pm



480 State Street
Holland, MI 49423
www.evergreencommons.org

Our Commitment

POWER TO MOVE

REFLECTS OUR ONGOING DEDICATION TO:

- **Deepening support** for those living with Cancer
- **Strengthening** caregiver inclusion and connection
- **Expanding** therapeutic arts and wellness **programming**
- **Creating meaningful opportunities** to move, create, and thrive together