

Open to All
Duke Cancer
Institute
Patients

No-Cost Exercise Consultations for Duke Cancer Institute Patients



Duke Health & Fitness Center has partnered with the Duke Cancer Institute to provide all cancer institute patients with exercise consultations at no cost.

Meet one-on-one with our degreed Exercise Physiologists. In your 60-minute consultation, they will use your health history, exercise history, and goals to create a personalized physical activity recommendation.

Who: Anyone who is receiving or has received care at the Duke Cancer Institute.

Where: Telehealth

When: Mondays | 2:00-4:00 p.m.
Wednesdays | 8:30-11:30 a.m.

How: Provider referral and self-referral accepted. (May require medical clearance).

- Speak with your provider
- Email or call **Chris Ehren MS, Exercise Physiologist**
christopher.ehren@duke.edu 919-660-6648

The Duke Health & Fitness Center is a medically-based wellness center located on the Center for Living campus in Durham where our staff, including degreed Exercise Physiologists, Certified Personal Trainers, Licensed Dietitians, and Licensed Massage Therapists are a part of your team.

Duke Health & Fitness Center