

## **EXERCISE FOR CANCER SURVIVORS AND CAREGIVERS IN VALDOSTA, GEORGIA**

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The cancer burden is significant. Exercise reduces cancer-related side effects and improves quality of life (QOL). Exercise can be added to routine cancer care as part of cancer prevention, treatment, and remission. Little is known whether cancer survivors and caregivers in Valdosta, Georgia are aware of the importance of exercise, its role in cancer care, and the availability of medical and community services. Valdosta State University (VSU), in partnership with Relay for Life (RFL), will survey cancer survivors and caregivers in the area to assess basic exercise knowledge, exercise participation for cancer, and awareness of available services. The primary goal is to enhance overall care and QOL for cancer survivors through education, increasing awareness, and referral to services. VSU will also collaborate with RFL in establishing community exercise programs. VSU and RFL are committed in providing the best care for cancer survivors and ample support for caregivers in Valdosta, Georgia.