

NOW ENROLLING

# CAPABLE

CROSSFIT® AND PHYSICAL ACTIVITY:  
A BETTER LIFE EXPERIENCE

## Upcoming Sessions

- **Farmington Hills**  
March 2, 2026
- **Grand Blanc**  
March 16, 2026
- **Detroit**  
April 27, 2026
- **Rochester Hills**  
June 24, 2026
- **Petoskey**  
August 10, 2026

**CrossFit® and Physical Activity: A Better Life Experience** is a program to help adult cancer survivors meet exercise and strength-training goals.

- 12-week program
- Free to qualifying cancer survivors
- Includes interval training, strength training and conditioning workouts
- All ability levels are welcome
- To learn more, visit [karmanos.org/CAPABLE](https://karmanos.org/CAPABLE)

## QUESTIONS?

Contact Julie Barnes Maurer  
313-578-4443

