

Fondation Cancer

What is the Fondation Cancer?

Founded in Luxembourg in 1994, the Fondation Cancer is a non-governmental organization with three missions: informing the general public and cancer patients about cancer topics (INFO), supporting cancer patients and their families in order to improve their quality of life (SUPPORT) and funding cancer research (RESEARCH). Every year the Fondation Cancer organises the [Relay for life](#) a national cancer patient solidarity event. All this is mainly funded through donations and bequests.



Offer in the way of physical activity

Since 2001 the Fondation Cancer has offered weekly physical activity training sessions which are adapted to the fitness of the participants. The groups and classes aim to improve physical shape and well-being by using adapted exercises.

Types of exercises offered

The Fondation Cancer proposes four different types of activity: gymnastics, Nordic walking, Zumba and yoga. The intensity of the exercises and the level of difficulty are adapted to each person's capacity. All of the activities are supervised by people with an appropriate diploma.

Who can participate?


Anyone with a history of cancer can participate. Participants should be cleared to return to physical activity by a doctor. The Nordic Walking Group also welcomes friends and family members.

Where and when are the sessions held?

	Yoga	Wednesday 10 to 11 am	Fondation cancer 209, route d'Arlon L-1150 Luxembourg		Zumba	Wednesday 11.30am to 12.30pm	Oeuvres paroissiales de Strassen 2, place des martyrs L-8032 Strassen
	Gymnastics	Wednesday 6 to 7 pm	Sport Hall Leudelange		Nordic walking	Thursday 2 to 3 pm	Kockelscheuer (Parking Camping)

Information & registration

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What are the costs?

The mentioned activities are free of charge.