

## **Rehabilitation and Cancer: Dispelling Myths to Empower Yourself**

### *Summary:*

Physical activity and exercise are often underrecognized as ways to improve mood, energy, cognitive function, and overall quality of life throughout a person's journey through cancer treatment. Furthermore, it has been shown that both physical activity and exercise are preventative measure for cancer recurrence.

This one-hour presentation will provide information based on the most up to date evidence regarding recommended guidelines for exercise and physical activity and how to best implement them safely into an often-chaotic life. Additionally, this presentation will address the benefits of rehabilitation and how these services can improve function throughout the cancer care continuum.

### *Presenters:*

Michelle Foley, MOT, OTR/L

Michelle is the primary occupational therapist at UF Health Cancer hospital where she specializes in treating cancer in the acute care setting. Michelle graduated from the University of Florida masters in occupational therapy program in 2013. She has remained at UF Health since her last clinical rotation in oncology and has devoted her career to improving the quality of life of patients throughout their cancer journey. While not working Michelle is busy raising three sons and two miniature dachshunds.

Shai Sewell, PT, DPT  
Certified Lymphedema Therapist

Shai received his Doctorate in Physical Therapy from the University of Miami and is currently working at the UF Health Cancer hospital. Shai has a passion for improving the lives of people who have a diagnosis of cancer and currently works in the acute care setting with all diagnosis. His passion is to inspire hope starting at diagnosis, spanning all the way through treatment and into survivorship. He focuses on empowering people to live lives with patient centered goals as his focus. On his spare time Shai enjoys running, spending time with his partner and his dog, and exploring with his adventure van.

### *Cancer Educational Wellness Series*

Please contact Chris Morgan at [Christopher.morgan@medicine.ufl.edu](mailto:Christopher.morgan@medicine.ufl.edu) with questions.