To apply scan QR code or visit link: https://redcap.link/time2bwell

To be eligible to participate you must:

- Be a man or woman ages 18-65 years old
- Have a diagnosis of stage 1–3 breast cancer within the past 10 years and have completed all planned surgery, radiation, and/or chemotherapy treatment 3 or more months prior to intervention start date
- Have a BMI between 25 and 45 kg/m²
  Calculate your BMI here
- Live or work within 30 minutes of the CU Anschutz Medical Campus

What you will receive:

- A 6-month group based behavioral weight loss program.
- Support for aerobic exercise and resistance training with the BfitBwell Oncology Exercise Program
- Assessments of body composition, lab values, dietary intake, and physical activity.
- Compensation provided

In order to enroll all participants must meet specific criteria. The criteria listed above is only a partial list of all the requirements to participate in this research study. Only a clinical research staff member can determine eligibility. If you have any questions, you can contact Time2BWell@cuanschutz.edu.

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COMIRB Protocol #: 23-1546