

St. Jude Wellness Center

Cancer Wellness Program



St. Jude's Integrative Cancer Wellness Program: where therapy and complimentary medicine combine to rejuvenate your health after cancer.

Who Can Join



We welcome all survivors who have completed cancer treatment within the past 12 months, independent of where treatment was received.

Cost

Free! At St. Jude Wellness Center, we are committed to ensuring that individuals can have easy access to support and resources they need both during and after their cancer journey. This 6-month program is completely free of charge.

Ready to Join?

Call us to book your initial health assessment and our Customer Service Representative will walk you through the rest of the process to ease your way.

*** Rehabilitation therapy available with referral from your provider. Rehabilitation services are available in the same building as Wellness to ease your transition.*

Program Offerings

Wellness Workshops

- Twice monthly integrative wellness workshops. These educational and interactive sessions are intended to introduce you to a variety of strategies to help you heal along with the support of your peers.
 - Examples include cooking classes, yoga therapy sessions, sleep discussions, skincare demonstrations, and more!

Medical Fitness

- Our Certified Medical Fitness gym offers the highest quality fitness for specific health outcomes. Your instructor has background knowledge and experience in strengthening, conditioning and yoga for those completing cancer treatment.
 - Twice weekly fitness classes with your cohort
 - Pre and post fitness evaluations
 - Access to our Open Gym hours

