

## St. Jude Wellness Center

# Cancer Wellness Program



Our innovative program for cancer survivors combines nutrition and fitness with multiple modalities of lifestyle medicine to rejuvenate your health and well-being 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!** 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 4-month program is completely free of charge.**

## Ready to Join?

Ask your doctor or your nurse navigator for a referral to the Cancer Wellness Program. All participants must be screened for eligibility by our nurse navigator. Contact Gianna Durocher if you have specific program questions: 714-474-1836 or [gianna.durocher@stjoe.org](mailto:gianna.durocher@stjoe.org).

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

## Program Details

### Wellness Workshops

Monthly workshops from our integrative experts to provide education on lifestyle medicine for survivorship. Topics include:

- Nutrition
- Cooking Class
- Fitness & Sleep Rx
- Skincare & Massage Therapy

### Medical Fitness

Our Certified Medical Fitness gym offers the highest quality fitness for health outcomes. Your instructor has background knowledge and experience in strengthening, conditioning and yoga for those completing cancer treatment.

Your fitness program includes:

- Twice weekly classes combining cardio, strengthening & yoga.
- Monthly restorative class of breathwork, yoga therapy, reiki or sound bath.
- Pre and post fitness evaluations.
- Access to our Open Gym & Meaningful Movement classes.