

Living Fit for You! Cancer Wellness Program



***Cancer Rehabilitation
Wellness and Nutrition
Exercise Classes***

Overall wellness is an essential component of cancer recovery and quality survivorship!

Cancer Rehabilitation screening for:

- Loss of muscle mass, strength, shortness of breath, endurance, weight loss
- Issues with balance, tingling feet or hands, low energy, fatigue,
- Speech and cognitive issues, difficulties swallowing

Wellness consult for: stress reduction, distress management, nutrition services, diabetes education, and sleep issues

Exercise: Join the FREE 6-week program before, during, or after treatment

- Preserve muscle mass and strength
- Help to prevent unwanted weight changes
- Improve energy levels and self-esteem
- Reduce the severity of treatment side effects

“Quality survival requires a rehabilitation program which includes exercise, healthy lifestyles and spiritual rejuvenation.”

*Dr. Peter D. Hopewood, MD, FACS
Falmouth Hospital*



Medical Clearance is required for exercise classes.

Individual consultations and group exercise classes are available.

Talk to your Oncologist about participating in the Living Fit for You! Cancer Wellness Program, or call Kristine Whaples, MS, RCEP at **508-495-7685** for more information.