

THE HEALTHPLEX DIFFERENCE



Through this program I found I was capable of doing a lot more exercise than I thought. I felt so much better!

Being with other cancer patients made me feel comfortable and encouraged me to exercise regularly.

The supervised exercised enabled me to grow my physical strength and increase my confidence in improving my quality of life.

I am happier!

The Cancer Wellness Program is a collaborative effort between the Goldschmidt Cancer Center, The Sam B. Cook Healthplex Fitness Center and the American Cancer Society.



1432 Southwest Blvd
Jefferson City, MO
(573)632-5634
www.crmc.org

CANCER WELLNESS PROGRAM



**A TEAM APPROACH FOR CANCER
EDUCATION AND EXERCISE**

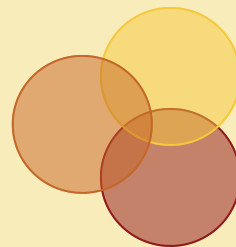


This is a 12 week program consisting of education, support, and exercise in a positive atmosphere. There will be 45-60 minutes of supervised exercise and 45 minutes of education and support. The program has been developed by physical therapists and exercise specialists who have specialized training in cancer fatigue, lymphedema and designing exercise programs for people who are being or have been treated for cancer. These staff members have completed cancer specialty courses offered by the American Cancer Society and the American College of Sports Medicine. A team approach is used which includes educational sessions provided by a dietitian, psychologist, oncology nurse, cardiac rehabilitation nurse, exercise specialist and physical and occupational therapist.



Program goals

- Improve physical & mental health of cancer patients & survivors
- Reduce fatigue, decrease pain & regain function
- Aids patients in becoming more involved in their own recovery
- Provide a support network of fellow survivors & healthcare professionals trained specifically in cancer recovery.



Program is appropriate for cancer patients and survivors – we will gear the program to fit your needs.

Class size is limited and requires physician consent.

For additional information, call 632-5634 or email dmotley@mail.crmc.org.



The Cancer Wellness Program Includes:

- 24 Group exercise/education sessions meets two times per week on Tuesdays and Thursdays
- Pre and post testing with physical therapists and exercise specialists
- Individualized Exercise Prescription
- Book: *Cancer Fitness* by Anna L. Schwartz
- Healthplex Membership Card—allows for unlimited use of the facility during the program.
- Journal and Folder for Educational Material
- Classes meet at 1:00 pm at the Healthplex Fitness Center with exercise from 1-2 pm and education and support from 2-2:45 pm.