

# Cancer WellFit

Our Cancer WellFit program offers a community that you will learn, grow and connect with through your journey.

**Knowledge: Strengthening the MIND**

**Movement: Strengthening the BODY**

**Mindfulness: Strengthening the SPIRIT**

**Knowledge • Movement • Mindfulness**

The mission of the Cancer WellFit Program is to provide a free and accessible program of exercise in tandem with mind/body/spirit education to any qualifying person with a cancer diagnosis and treatment, as well as their caregiver.

The support, education and physical assistance of the wellness team helps cancer patients:

- Improve resilience to changes brought on by illness
- Increase quality of life
- Manage the side effects of treatment
- Develop nutrition plans and offer cooking demos
- Restore muscle mass/strength
- Increase endurance
- Improve energy levels
- Develop a fitness program to continue an active lifestyle

Class Schedule (subject to change):

Monday, Tuesday and Thursday: 10:30 a.m. to Noon

We understand that life is busy so special accommodations may be possible.

**This program is made possible by the generosity of our sponsors.**

Navicent Health  
Foundation

ENCOURAGING YOUR GENEROSITY TO TRANSFORM VISIONS INTO REALITY

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Contact WellnessServiceMacon@AtriumHealth.org with any questions.