



# Return to Wellness

*is a special program for women who have been recently treated for breast cancer.*

## **This free program:**

- Is available to all breast cancer patients at least three weeks post-treatment, with no evidence of active cancer and with their physician's approval
- Meets twice weekly for two hours each session, for five weeks
- Consists for exercise (60 minutes per session of strength training or yoga), education and support group components
- Is staffed by professional fitness instructors, facilitators, educators and physicians
- Is limited to 12 participants per five-week session
- Meets in the classrooms at Methodist Hospital

Return to Wellness helps breast cancer patients acquire important, practical information about life after treatment; develop an individualized nutrition and physical fitness plan that works; and recover from the emotional and physical effects of breast cancer treatment with the goal of returning to a healthy lifestyle and a positive outlook.

For further information, or to enroll in the Return to Wellness program, call Methodist Hospital at 626-574-3515.

