

Nourish by Wellspring

Module Based Educational Program:

2 hours per session, 2 part series

Eating healthy before, during and after cancer treatment can help you feel better, keep your body strong and better able to cope with side effects and enhance long term wellness.

Wellspring's Nourish programs cover a variety of nutritional topics. Delivered in a kitchen by a Registered Dietician, Nourish programs provide educational content, preparation demonstrations, sampling, and take-home program materials and recipes.

Participants:

Patients, survivors, caregivers and/or family members

Day and time:

Wednesdays
1:00 pm - 3:00 pm

Topics:

- *Myths and Controversies*
- *Adding Flavour to Food*
- *Beans and Grains*
- *Nutrition and Breast Cancer*
- *Plant Based Eating*
- *Super Healthy Eating Strategies*
- *Nutrition and Prostate Cancer*



HELPING YOU LIVE BETTER
WITH CANCER



For more information on programming or to **REGISTER** for Wellspring greater Saint John programs:

506-649-2060
WellspringSJ@HorizonNB.ca



Relaxation and Visualization by Wellspring

Drop-in Program:
1.5 hours per session

Relaxation and visualization (also known as guided imagery) techniques can provide powerful and effective ways to help exercise control over your physical and emotional well-being. This program is a good starting point for those new to Wellspring's programs.

The program blends coping techniques with general discussion about challenges you may be experiencing with respect to cancer.

Participants:

Patients, survivors, caregivers and/or family members

Day and Time:

Mondays
1:00 pm - 2:30 pm

Yoga by Wellspring

Drop-in program:
1 hr sessions

Yoga enhances physical and emotional well-being by promoting flexibility, strength, balance, and mindfulness. Through gentle movement, breathwork, mantra, and visualization, we connect mind and body to reduce stress, alleviate pain, improve mobility, regulate emotions, and build strength.

Wellspring uses yoga styles that are gentle and adaptable to your health and physical capabilities. Special adaptations can be made as needed such as adding a chair or pose modification.

Participants:

Patient, survivors and caregivers

Day and Time:

Fridays
1:00 pm - 2:00 pm



All sessions are FREE to participate thanks to donor generosity.



Cancer-Related Fatigue by Wellspring

4-week Educational Program
1.5 hours per session

Cancer-Related Fatigue (CRF) is one of the most common and distressful side effects of cancer and cancer-related treatments. It is usually described as a persistent sense of physical, emotional, and cognitive tiredness that is not related to activity and doesn't necessarily go away after rest.

Wellspring's 4-week program will help participants acknowledge the impact fatigue is having on their lives and provide strategies to mitigate and minimize its impact.

Participants: Patients, active or post treatment

Days and Time:

Thursday
1:00 pm - 2:30 pm

Topics:

- *Understanding Your Fatigue*
- *Lifestyle Approaches to Manage Fatigue*
- *Nutrition and Fatigue*
- *Exercise and Fatigue*

