

# Cancer Wellness

## Program Goals:

- Ease the transition between treatment and a quality daily life;
- Enhance the lives of participants through exercise, education and group support;
- Educate participants on how to successfully make and continue lifestyle changes that make a positive impact on their well being;
- Introduce participants to the many tools available through FirstHealth and other community programs that may assist them in remaining well as they continue in their fight against cancer;
- Establish relationships with others that have similar experiences.



Cinnamon LeBlanc CPT, E-RYT, CES

The seven-week program is conducted at FirstHealth Fitness in Southern Pines and consists of three 90-minute sessions per week. Each session will include both exercise and education, and will explain the role each plays in improving quality of life.

Financial assistance may be available through the Cancer CARE Fund for those who qualify. For more information, call (910) 692-1672.

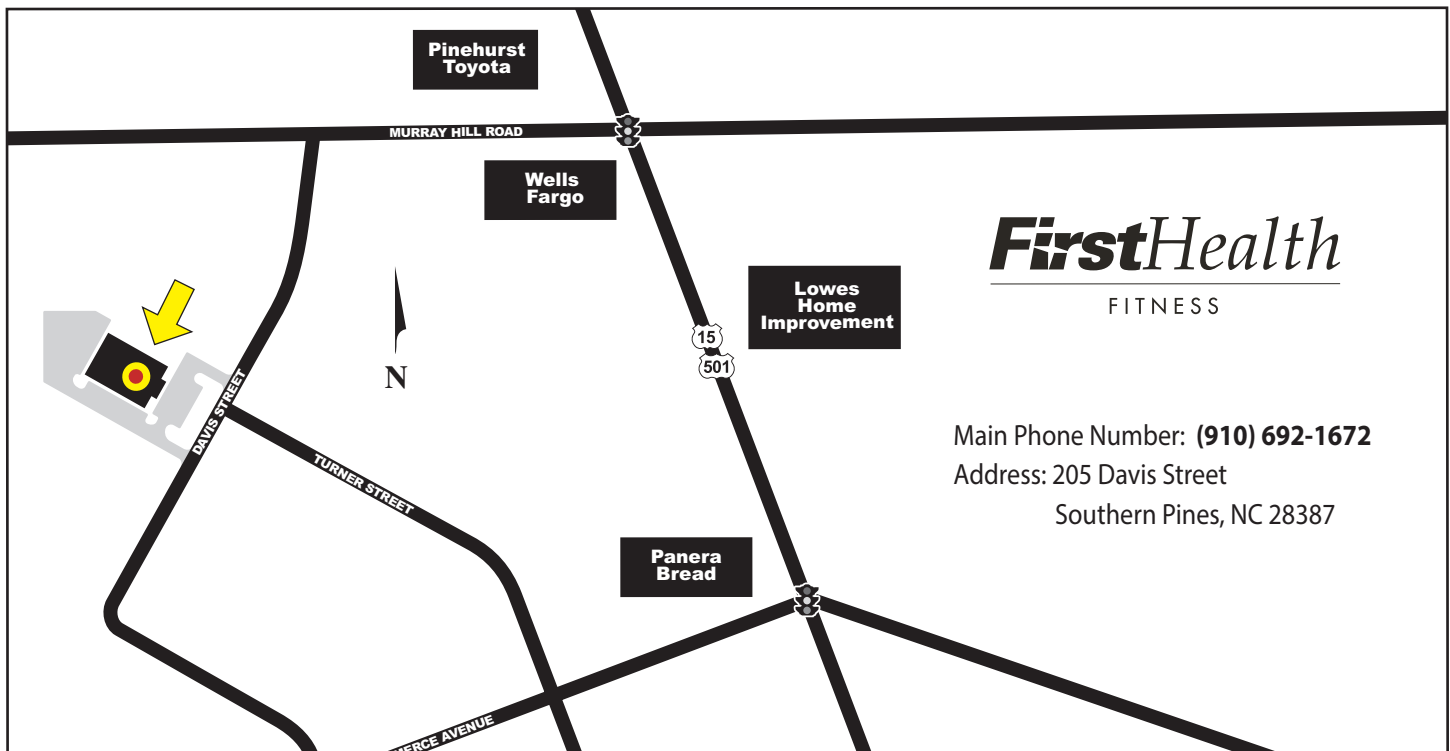
Patient's name: \_\_\_\_\_

Patient's phone: \_\_\_\_\_

Date: \_\_\_\_\_ Physician's name (print): \_\_\_\_\_

## Physician Signature

Please fax to (910) 692-1180, mail or bring to FirstHealth Fitness in Southern Pines.



Find these forms online at  
**[www.firsthealth.org/referral](http://www.firsthealth.org/referral)**