

BREAST CANCER WELLNESS



is offering services to
BREAST CANCER PATIENTS AND SURVIVORS

that complement medical treatments
to help them to gain strength,
stay fit and healthy and to be at their BEST
for the long term.

Surviving breast cancer and making it through treatments are major accomplishments.

Most breast cancer survivors find that they have new priorities in life and want a healthier lifestyle.

The aim of the Wellness Initiative is to:

- Ease the transition between treatment and 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 wellbeing
- Introduce participants to the many tools available in the Cayman islands to get healthy and stay healthy

Many doctors believe, and recent studies have shown, that to have a longer survival and to reduce the risk of cancer returning it is important to:

- Maintain a Healthy Diet
- Increase levels of physical activity
- Lessen stress

**Examples of the free services being offered to
BREAST CANCER PATIENTS AND SURVIVORS:**

- Yoga
- Massage
- Exercise Programs
- Nutritional advice and support

If your doctor has given you this leaflet it is because he or she feels that you could benefit from the services we offer.

If you have picked up this brochure yourself and would like to benefit from the services we are offering, please contact us directly.

Hand in hand with conventional treatments these services can help breast cancer survivors to feel empowered.

They can lessen the side effects of radiation and chemotherapy, reduce stress and help breast cancer patients and survivors to practice positive self-care.

Contact us for more information.



Tel: 949 3542

E-mail: info@breastcancerfoundation.ky

www.breastcancerfoundation.ky



The BREAST CANCER FOUNDATION is a registered Cayman Islands charity providing financial support to several local breast cancer organizations offering education/awareness and financial aid.