NEW! A Two-Step Program

Step 1: Our introduction to the benefits of exercise and nutrition and the role each play in living a healthy lifestyle as a cancer survivor. This is a six-week program.

Cost is $65 for Step 1.

Step 2: Open to those who have completed Step 1 or graduated from the program already. We will build upon the knowledge and gains you have made and introduce even more activities that will help you continue living a healthy life as a cancer survivor. This is a six-week program.

Cost is $35 for Step 2.

Bridge to Wellness

Surviving cancer is an accomplishment that deserves to be celebrated. Together with Western Racquet and Fitness Club and HSHS St. Vincent Hospital Cancer Centers, The Anew® Cancer Survivorship program offers Bridge to Wellness, an exercise and nutrition series for cancer survivors. This program is open to all cancer survivors treated at any health care facility.

For six weeks, participants learn about exercise, nutrition and making healthy choices as a cancer survivor. Each participant will meet one on one with a cancer exercise specialist and an HSHS St. Vincent Hospital Cancer Centers dietitian. Participants will also have full use of Western Racquet and Fitness Club facilities throughout the program.

Cancer survivors who have been approved by their oncology team are encouraged to participate. The participant and his or her exercise partner will receive a complimentary membership for the duration of the program.

A program representative will contact you to schedule your individual assessment appointment.

Western Racquet and Fitness Club
2500 S. Ashland Ave. • Green Bay, WI 54304

Cost: $65 for Step 1 and $35 for Step 2, per person.

Scholarships available.

For session dates and times or to register online, visit stvincenthospital.org/bridge, or call (920) 433-8488.

Questions can also be emailed to: bridgetowellness@hshs.org

Common weekly topics:

- Cancer nutrition myths/truths
- Power of proteins
- Maximize the market
- Yoga and flexibility
- Mindful eating
- Boxing
- TRX
- Nutrition jeopardy
- Lymphedema 101
- Warm water exercise
- Individual nutrition consultations
- Exploring a healthy spirit
- Relationships after cancer
- Cancer-fighting foods