

pause. breathe. proceed.

Wellness Within is a local nonprofit whose mission is to enhance the quality of life of patients, survivors, caregivers and families affected by the trauma of cancer. We offer opportunities to learn about and practice physical, mental, and emotional wellness.

We know cancer is expensive, and we do not want finances to be a barrier to accessing our programming. Therefore, **all of our services are offered at no cost to participants**. Whether you are actively in treatment, have recently overcome cancer or supporting for someone dealing with cancer, Wellness Within's doors are open to support you.



WHY WELLNESS WITHIN?

Everyone should feel supported when going through cancer. Even those with caring family and friends can feel isolated during the journey. Wellness Within welcomes everyone affected by cancer and its challenges, providing support, comfort, calm and community. We look forward to being here for you!

HOW TO DONATE

Wellness Within is funded by the generosity of community supporters, clients, foundations, local businesses and fundraisers. Your donations allow others to experience better quality of life in times of uncertainty. We gladly accept your tax-deductible donations online, by mail, or in person.



www.wellnesswithin.org
be sure to check out our newsletters!

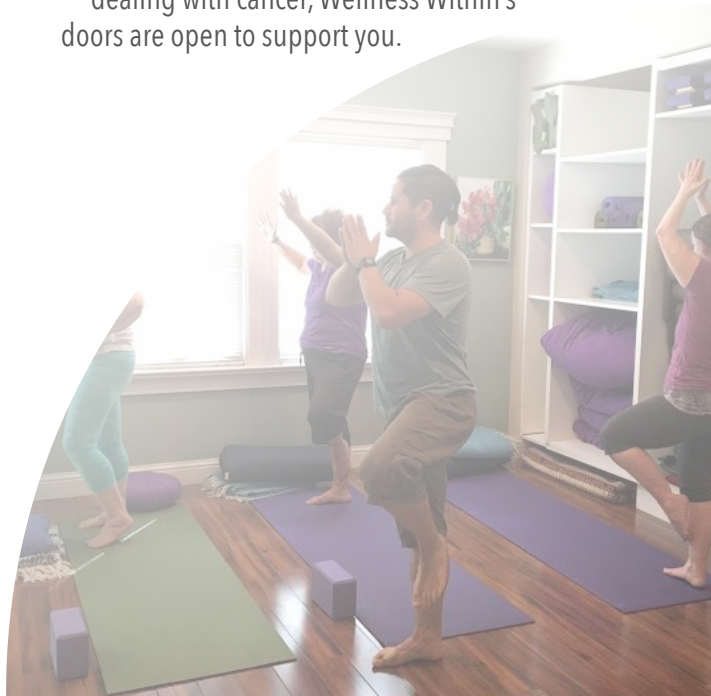
Connect with us:
facebook.com/wellnesswithincenter
instagram.com/wellness_within



A nonprofit wellness center offering support services for patients, survivors, caregivers and families coping with the stress of cancer.

609 Oak St.
Roseville, CA 95678
916.788.0333

www.wellnesswithin.org



Inner Peace. Community. Empowerment. Joy. Experience wellness in the presence of cancer. Wellness Within offers the environment, education, activities and camaraderie to get you there.

Cancer is unnerving, whether the diagnosis is yours, or that of someone close to you. Your health team supports your medical experience. Wellness Within supports your emotional well-being throughout the medical journey and beyond.



Wellness Programs

“My doctors saved my life. Wellness Within saved my spirit and restored my soul.”

-Suzi, participant



“Wellness Within has been a source of support and healing for me. They helped me deal with the residual effects of stress and anxiety from chemotherapy. It has been a godsend”

- Sharon, Participant

“Wellness Within provides invaluable services to patients, survivors and their families coping with a cancer diagnosis. I give my full endorsement.”

- Ernie Bodaj, M.D., F.A.C.S.
Breast Cancer Survivorship Institute



HEALING MOVEMENT

Feel how movement can profoundly heal trauma to the mind and body. Movement strengthens and supports almost every system in the body, enabling optimal healing. Being in motion helps you release tension, clear stress, combat fatigue, and reconnect with your body. Classes are adaptive to varying energy levels suitable for all participants.



NUTRITION EDUCATION

Discover how nutrition can boost your immune system and support optimal energy and health. We focus on strategies to reduce risk of cancer development or growth, address side-effects of chemotherapy and manage your diet after diagnosis, all without sacrificing taste. Classes may include a healthy meal or a live demonstration of food prep methods.



MEDITATION & MINDFULNESS

Experience serenity. Our ongoing meditation and iRest classes offer those with cancer, after cancer, and support persons tools to effectively manage pain, stress, fatigue, sleep and overall well-being. The six-week Mind Body Skills class is an introductory series that teaches mindfulness practices in a small group setting. Walk away feeling relaxed, and equipped with mindfulness techniques to address stressors brought on by cancer and daily life.



EXPRESSIVE ARTS

Explore verbal and nonverbal languages of your soul through creative media. Collaging, painting, writing, drawing, music, dance and knitting bring emotional release and self-awareness. This leads you to be more emotionally available, and experience reductions in anxiety, stress, fear, fatigue and pain. Enjoy expressive arts in a non-judgmental environment focused on discovery and joy.



SPEAKERS & RESOURCES

We host educational workshops on cancer and wellness-related topics with guest speakers sharing their expertise. Our center also is home to an extensive library of books and media. Borrow at no charge and equip yourself with resources for further insight into healing. Enjoy reading in our quiet, comfortable living room or you are welcome to take materials home for a few weeks.

Not sure where to start?

Check our calendar for the next orientation. Drop into these sessions to get a tour of the center, ask questions, learn about our programs, and register for classes. Or give us a call with any questions!