



Local Free Health and Wellness Programs for Cancer Survivors & Caregivers

Cancer care goes beyond just treating the disease. Comprehensive care can support cancer survivors' overall wellness to help live improved lives as you navigate your personal cancer journey. Mindfulness, creativity, exercise and social connections are key pieces of an integrated cancer care program. These programs help to reduce stress and strengthen the body.

FOR THE MIND & SOUL:

FOR THE BODY:

LiveStrong at the YMCA: a free 12-week physical activity program for survivors and a partner.
<https://www.livestrong.org/what-we-do/program/livestrong-at-the-ymca>

Survivors in Sync: Dragon boat paddling team promotes physical fitness, wellness education, and psycho-social empowerment for breast cancer survivors. Practices are at Nathan Benderson Park on Cattleman Road on Monday and Wednesday evenings and Saturday mornings. For information about becoming a team member, please contact survivorsinsync@gmail.com or call Jackie at 941-685-0678

Sarasota Memorial Hospital Cancer Institute Thrive programs: For full details and a list with location information, visit <https://www.smh.com/Home/Services/Cancer-Institute/Support-and-Survivorship>

SOCIAL CONNECTION:

See our full list of cancer support and networking groups – downloadable from our website.

Stitch & Chat (SMH/Thrive) – Sew, stuff and chat while making breast surgery comfort pillows. Meets on 2nd and 4th Mondays from 10:00 to 11:30 -currently virtual. Email dawn-moore2@smh.com for more information.

Knitted Knockers are soft breast forms for post mastectomy and reconstruction use. Learn to knit them or help stuff them. Meetings are now combined with Stitch & Chat.

Team Tony Cancer Foundation offers many programs and activities including “laughter yoga”, Team Tony Book Club and a “Coffee Connection”. Visit <https://teamtony.org/cancer-connection/> to sign up for announcements. The Team Tony Cancer Connection Center is located at 3562 S. Osprey Avenue, Sarasota, FL 34239. Telephone 941-227-4404.

Faces of Courage Foundation provides free fun Cancer Camps and outings children, women and men diagnosed with cancer and/or blood disorders. <https://www.facesofcourage.org/camps>

Casting for Recovery offers free fly fishing retreats for women with breast cancer. Casting for Recovery was founded on the principles that the natural world is a healing force and that women with breast cancer deserve one weekend – free of charge and free of the stresses from medical treatment, home, or workplace – to experience something new and challenging in a beautiful, safe environment.
<https://castingforrecovery.org>