



Local Health and Wellness Programs for Cancer Survivors & Caregivers Fee based programs are indicated with a “\$”

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:

none at this time

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>

[Programs have resumed at the Englewood Y, contact Mary Chase \[healthyliving@ymcaswfl.org\]\(mailto:healthyliving@ymcaswfl.org\)](#)

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

Nathan Benderson Park All Cancers Dragon Boat Team:

<https://nathanbendersonpark.org/dragon-boat-paddling/>

Sarasota Memorial Hospital Brian D. Jellison 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> or Contact 941-917-1988

Oncology Recovery Exercise – Mondays 9-10 at the Brian D. Jellison Cancer Institute

Oncology Yoga – Tuesdays 4-5 at the Venice Hospital

Oncology Recovery Exercise – Wednesdays 10-11 at HealthFit

Oncology Yoga – Thursdays 2-3 at HealthFit

For HCA Florida Fawcett patients: The Cancer Survivor Experience Support Group meets at various venues several times a year. The August 19, 2022 event includes stops at the Veteran's Memorial Wall, the Military Heritage Museum followed by lunch at the Village Brew House. Call 941-624-8281 to rsvp or email donna.alton@hcahealthcare.com to be added to the group email list.

Yoga Therapy with Paula Morris \$ <https://www.empowered2wellness.com/>

1219 S. East Ave. Suite 104, Sarasota, FL 34239

Tel: 941-316-6893 yogatherapywithpaula@gmail.com



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SOCIAL CONNECTION:

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

Stitch, Knit & Chat (SMH/Thrive) – Sew, stuff, knit and chat while making breast surgery comfort pillows and Knitted Knockers. Knitted Knockers are soft breast forms for post mastectomy and reconstruction use. Learn to knit them or help stuff. Meets on 2nd and 4th Mondays from 10:00 to noon at the Team Tony Cancer Connection Center located at 3562 S. Osprey Ave., Sarasota, FL 34239.
Email dawn-moore2@smh.com for more information.

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>