



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:

[Team Tony Lifestyle Wellness Series](https://teamtony.org/events/list/)

visit <https://teamtony.org/events/list/>

Meditation, Education and Wellness programs

The Team Tony Cancer Connection Center is located at 3562 S. Osprey Avenue, Sarasota, FL 34239. Telephone 941-227-4404.

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

All Cancers Dragon Boat Team at Nathan Benderson Park:

<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 Yoga – Mondays 2-3 at HealthFit on Clark Road

Oncology Yoga – Tuesdays 4-5 at the SMH Venice Hospital

Oncology Recovery Exercise – Wednesdays 10-11 at HealthFit

Oncology Recovery Exercise – Fridays 2-3 at HealthFit



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Coastal Fitness and Correction \$ [Coastal Fitness and Correction - Orthopedic and Cancer Exercise Specialists](#) Providing detailed programming tailored specifically for you throughout each stage of diagnosis, recovery, and treatment.

Tel: 941-362-3858 240 N. Washington Blvd, Suite 540, Sarasota, FL 34236

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

For HCA Florida Fawcett patients: The Cancer Survivor Experience Support Group meets at various venues several times a year. Please RSVP via email to Melissa.wahlburg@hcahealthcare.com

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 the 2nd Monday 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 to confirm or for more information.

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>