

# BREAST CANCER WELLNESS



is offering services to  
**BREAST CANCER PATIENTS AND SURVIVORS**  
that complement medical treatments  
to help them to gain strength,  
stay fit and healthy and to be at their BEST  
for the long term.

**Surviving breast cancer and making it through treatments are major accomplishments.**

**Most breast cancer survivors find that they have new priorities in life and want a healthier lifestyle.**

## **The aim of the Wellness Initiative is to:**

- Ease the transition between treatment and daily life
- Enhance the lives of participants through exercise, education and group support
- Educate participants on how to successfully make and continue lifestyle changes that make a positive impact on their wellbeing
- Introduce participants to the many tools available in the Cayman islands to get healthy and stay healthy

Many doctors believe, and recent studies have shown, that to have a longer survival and to reduce the risk of cancer returning it is important to:

- Maintain a Healthy Diet
- Increase levels of physical activity
- Lessen stress

**Examples of the free services being offered to  
BREAST CANCER PATIENTS AND SURVIVORS:**

- Yoga
- Massage
- Exercise Programs
- Nutritional advice and support

**If your doctor has given you this leaflet** it is because he or she feels that you could benefit from the services we offer.

**If you have picked up this brochure yourself** and would like to benefit from the services we are offering, please contact us directly.

*Hand in hand with conventional treatments these services can help breast cancer survivors to feel empowered.*

*They can lessen the side effects of radiation and chemotherapy, reduce stress and help breast cancer patients and survivors to practice positive self-care.*

**Contact us for more information.**



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The BREAST CANCER FOUNDATION is a registered Cayman Islands charity providing financial support to several local breast cancer organizations offering education/awareness and financial aid.