

“Every class I’ve taken here has promoted growth and healing in me in a way I can’t fully comprehend or explain.”

~ Sandra V.

Nobody should feel alone when going through cancer. Even those with supportive friends or family can feel isolated during the journey. It helps to be surrounded with people who can relate to the upheaval that follows a cancer diagnosis. Wellness Within is that place. Our Center welcomes all who are newly diagnosed, actively in treatment or in survivorship, as well as caregivers and their families. We offer education about ways to manage stress and pain, use food as medicine, and promote self-care. Our comprehensive wellness programs are supported by doctors, nurses, and social workers in all local area hospitals.

We pride ourselves in providing a space where you feel an abundance of support and peacefulness. Where the moment you walk in the door you feel a sense of calm- a home away from home. We seek not to change you, but rather to offer a space where transformational changes can take place to improve quality of life. We look forward to welcoming you.



GIVE BACK

Wellness Within's funding comes from individuals, families, organizations, foundations, corporations and special events. Give the gift of allowing another to experience a better quality of life in times of uncertainty. Make your tax deductible donations online or in person.

Wellness Within is a 501(c)3 non-profit organization. All contributions are deductible to the full extent of the law.



609 Oak Street
Roseville, CA 95678
916.788.0333

www.wellnesswithin.org

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

Wellness Within Programs

We invite you to partake in the **wide range of free cancer support services** our center offers and experience the science and wisdom within them. Please check our online calendar for a current list of classes offered through these programs.

EXPRESSIVE ARTS

Explore the verbal and nonverbal language of your soul through creative media in a supportive and non-judgmental environment. Whether writing, drawing, music or dance, the expressive arts is a creative form for self-expression, emotional release and self-awareness. Studies show that when we are able to recognize the unconscious and express the unspoken through creative means, we are more emotionally available and experience reductions in anxiety, stress, fear and pain.

HEALING MOVEMENT

Movement is a profound way to heal trauma to the mind and body. We recognize that everyone may be at a different pace during the healing journey and offer classes to meet those varying energy levels. We invite you to experience how putting your body in motion shifts your thoughts and feelings to release tension, clear stress, and help you

reconnect with your physical body for serenity within. Movement strengthens and supports almost every system in our bodies - digestive, respiratory, cardiovascular, endocrine, lymphatic, muscular and skeletal - to allow for optimal healing.

MEDITATION & MINDFULNESS

A serene mind equates to a healthy body. Scientific studies demonstrate the plethora of health benefits that meditation and other forms of mindfulness offer. Our programs assist you in tapping into this inner wisdom and healing through educational and/or guided meditation classes, so that you may be equipped with the tools to effectively manage your own stress, pain, moods, fatigue, sleep, and other aspects of well-being. Be sure to check out our six week Mind Body Skills group for a complete course on managing your trauma in a small group setting.

NUTRITION EDUCATION

Our Nutrition Education program is dedicated to helping you navigate the confusing world of nutrition to feel confident in your dietary choices and experience optimal energy, health, and healing. We focus on strategies to strengthen the immune system, lower chances of cancer development

or growth, and manage your diet post-diagnosis. In addition to research-based nutrition instruction, classes often include an accompanying health-promoting meal or a live demonstration of food preparation methods.

OUTREACH & RESOURCES

In addition to working with the community, and occasional guest speakers and retreats, we provide a comfortable quiet space for reading and researching community resources. Our lending library offers books, meditation CDs and movement DVDs. These resources are available at no charge to our clients, equipping patients and caregivers with resources to educate themselves and gain insight into healing.

“Wellness Within provides invaluable services to patients, survivors and their families coping with a cancer diagnosis. I have been impressed with the results patients have experienced from participation in their programs. I have found Wellness Within’s programs to compliment patient’s medical treatments. I give my full endorsement.”

*~ Balazs I. Bodai, M.D., F.A.C.S.
Director, Breast Cancer Survivorship Institute*

