

**Nobody should feel alone when going through cancer.** Even those with supportive friends and 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 their caregivers and families. We offer education about ways to manage stress and pain, use food as medicine, promote self-care, and experience wellness in the presence of cancer. Our comprehensive programs are supported by doctors, nurses and social workers in all local area hospitals.

We are known for 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. We look forward to welcoming you!

*“Wellness Within has been a source of support and healing for me. It helped me deal with the residual effects of stress and anxiety from chemotherapy. It has been a godsend”*

*-Client*

*“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 give my full endorsement.”*

*- Ernie Bodai, M.D., F.A.C.S.  
Director, Breast Cancer  
Survivorship Institute*



### GIVE BACK

Wellness Within's funding comes from individuals, organizations, foundations, local businesses and fundraisers. 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.



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[www.wellnesswithin.org](http://www.wellnesswithin.org)  
be sure to check out our newsletters!

Connect with us:  
facebook.com/wellnesswithincenter  
[https://instagram.com/wellness\\_within](https://instagram.com/wellness_within)



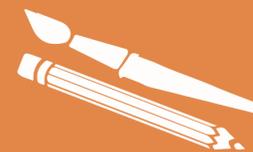
Meditation & Mindfulness



Healing Movement



Nutrition Education

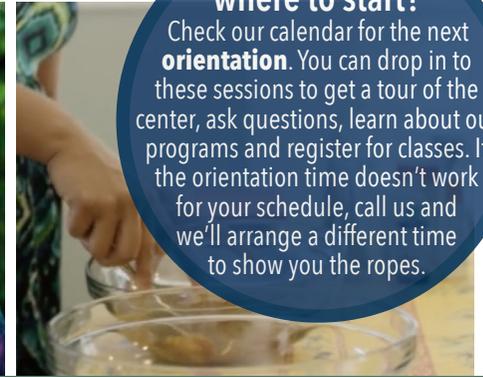


Expressive Arts

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

# Our Programs

*We invite you to explore the wide range of support services we offer. All programs are available at no cost- we simply ask attendees to donate what they can. For a current list of classes offered through these programs, please check the online calendar on our website.*



## Not sure where to start?

Check our calendar for the next **orientation**. You can drop in to these sessions to get a tour of the center, ask questions, learn about our programs and register for classes. If the orientation time doesn't work for your schedule, call us and we'll arrange a different time to show you the ropes.

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

## 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 and after treatment, and offer classes to meet varying energy levels. Experience how putting your body in motion helps release tension, clear stress, and help you reconnect with your physical body. Movement strengthens and supports almost every system in our bodies - digestive, respiratory, cardiovascular, endocrine, lymphatic, muscular and skeletal - to allow for optimal healing.

## 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 and health. 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.

## MEDITATION & MINDFULNESS

A serene mind contributes to a healthy self. Countless studies demonstrate the plethora of health benefits that meditation and other forms of mindfulness offer. Our ongoing mindfulness meditation series assists you in tapping into this healing through educational and guided meditation classes so that you may be equipped with tools to effectively manage your stress, pain, moods, fatigue, sleep, and other aspects of well-being. Be sure to check out our flagship class, Mind Body Skills Group, for a six-week course in a small group setting. Patients and caregivers learn how to manage stress and cope with challenges brought by cancer.

## 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, expressive arts are a creative form of emotional release and self-awareness. Research shows 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.

## RETREATS

Wellness Within is pleased to offer single and multi-day retreats that combine a selection of our programs into one event. They offer a chance to rejuvenate, nourish the body and soul, dive into our programming and walk away with new tools and fresh perspectives.

## SPEAKERS & RESOURCES

We host educational workshops on a variety of cancer and wellness-related topics with guest speakers sharing their expertise. Our center is also home to an extensive lending library that offers books and media at no charge, equipping you with resources for further education and insight into healing. Our living room is a comfortable quiet space for reading, or you are welcome to take resources home for a few weeks.

