



Wolfe Foundation Cancer Wellness Program

An exercise program for individuals with cancer

The Wolfe Foundation's Cancer Wellness Program offers exercise for individuals with cancer at any stage of treatment. Participants will meet with a clinical exercise physiologist to design a personal exercise program tailored to their individual goals and needs.

The ten week program consists of:

- + Two, one hour exercise sessions per week among a small group of participants
- + Cardiovascular, strengthening, and stretching exercises
- + A weekly educational session. Topics include:
 - Cooking demonstration
 - Nutrition
 - Lymphedema
 - Stress management
 - Exercise prescription
 - Yoga

Benefits of exercise sessions:

- + Improved tolerance to chemotherapy
- + Increased energy levels
- + Increased muscular strength and endurance
- + Reduced fatigue
- + Reduced pain and increased pain tolerance
- + Strengthened immune function



WOLFE FOUNDATION
cancer wellness program

Our Locations:

**OhioHealth McConnell
Heart Health Center**
3773 Olentangy River Rd
Columbus, OH 43214
(614) 566-3880

**OhioHealth Ontario
Health and Fitness Center**
1750 W Fourth St
Mansfield, OH 44906
(419) 526-8900

Daytime and evening class options are now available.