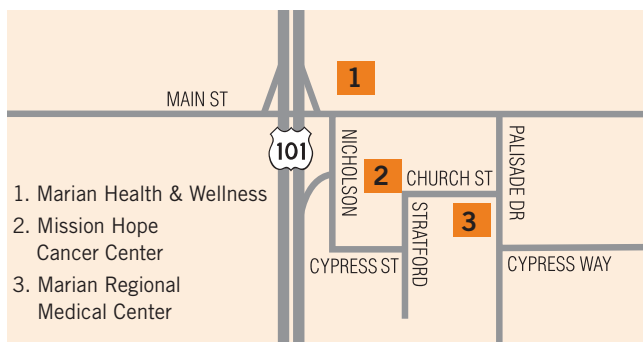


**OUR MISSION YOUR CENTER  
TOGETHER FOR HOPE**

**Ready to get started?**

**Schedule your health and fitness assessment  
to start on your personal path to wellness.**

**Please call us at 805.346.3413.**



**Dignity Health®**  
Cancer Care



**Mission Hope Cancer Center**

**1325 East Church Street, Santa Maria, California 93454**

**805.219.HOPE (4673)**

**Cancer Rehabilitation Program 805.346.3413**

[www.missionhopecancercenter.com](http://www.missionhopecancercenter.com)



*Helping cancer patients and survivors  
improve their quality of life through exercise.*

## **Cancer Rehabilitation Program**

**Are you undergoing cancer treatment?**

**Are you a cancer survivor?**

The Cancer Rehabilitation Program is a 12-week program which includes group, individual and aquatic exercise, designed to help you meet your fitness goals. Working in collaboration with a Cancer Center physician, our program supports the research demonstrating the numerous benefits of exercise.





## Why Cancer Patients Need to Exercise

Increasing evidence shows that exercise can:

- Help reduce symptoms from treatment, such as fatigue or reduced flexibility
- Lower the risk of recurrence
- Normalize insulin levels
- Improve the circulation of immune cells in the blood
- Improve the quality of sleep

## Why the Mission Hope Cancer Rehabilitation Program?

- The exercise program tailored for each individual will maximize the time spent and help attain the goals set during the assessment.
- The program will give each participant the knowledge and motivation to continue the exercise routine for a lifetime.
- The group class setting allows participants to exercise in an environment that fosters building relationships. Many people benefit from sharing experiences with others who are going through similar situations in their cancer journey.

**Each participant will meet one-on-one with our certified Cancer Exercise Trainer for an individualized program. It only works if you call! Please schedule your assessment today by calling 805.346.3413.**

## What to Expect

The Cancer Rehabilitation Program will work with you to develop your personal fitness goals and provide you with the knowledge, guidance, and motivation to reach your goals.

### Referred patients each receive:

- Exercise assessment from our Cancer Exercise Specialist
- Nutritional Consultation from our Registered Dietitian
- Two Physical Therapy Evaluations; one before the exercise starts and one at the end of the program
- One group exercise class per week and at least one session per week working with a Cancer Exercise Trainer using equipment in the wellness center
- Knowledge to help you implement exercise into your life throughout treatment and survivorship

### Our 12-week program will help to:

- Overcome fatigue
- Restore flexibility, strength, range of motion and endurance
- Work toward a healthy weight
- Provide motivation
- Improve balance to prevent falls
- Minimize the effects of immobility
- Gain confidence to continue the lifestyle changes for a lifetime
- Gather sound nutritional information relating to your progress in treatment and survivorship

