



## Local Free Health and Wellness Programs for Cancer Survivors & Caregivers

Cancer care goes beyond just treating the disease. Comprehensive care can support cancer survivors' overall wellness to help live improved lives as you navigate your personal cancer journey. Mindfulness, creativity, exercise and social connections are key pieces of an integrated cancer care program. These programs help to reduce stress and strengthen the body.

### FOR THE MIND & SOUL:

**Mindful Meditation** meets every Monday from 2:30 to 3:00 at HealthFit Powered by Sarasota Memorial, 5880 Rand Blvd, Sarasota, FL 34238. Call SMH/Thrive 941-917-7827

**Laughter is Good Medicine** meets on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays at Health Connection, Sarasota Memorial 1<sup>st</sup> floor, 1700 S. Tamiami Trail, Sarasota, Call SMH/Thrive 941-917-7827

**Creativity Group** helps people experience the stress reducing and meditative benefits of creative self-expression. It meets every Monday from 2:00 to 3:30 at HealthFit Powered by Sarasota Memorial, 5880 Rand Blvd, Sarasota, FL 34238 Call SMH/Thrive 941-917-7827 to pre-register

### FOR THE BODY:

**LiveStrong at the Y:** a free 12-week physical activity program designed to get survivors (and a partner) back on their feet. To learn more about the program visit <https://www.livestrong.org/ymca-search>  
Local participating YMCA facilities:

Venice YMCA  
701 Center Road Venice, FL 34285  
941-492-9622  
livestrong@veniceymca.org  
<http://www.swflymca.org>

Englewood YMCA  
701 Medical Blvd Englewood, FL 34223  
941-475-1234  
livestrong@veniceymca.org  
<http://www.swflymca.org>

The status of the LiveStrong at the Y at the Sarasota YMCAs is unknown at this time.

**Survivors in Sync:** Dragon boat paddling team promotes physical fitness, wellness education, and psycho-social empowerment for breast cancer survivors. Practices are at Nathan Benderson Park on Cattleman Road on Monday and Wednesday evenings and Saturday mornings. For information about becoming a team member, please contact [survivorsinsync@gmail.com](mailto:survivorsinsync@gmail.com) or call Jackie at 941-685-0678

**Sarasota Memorial Hospital Cancer Institute Thrive programs:** For full details and a list with location information, visit [www.smh.com/Home/Services/Cancer-Institute/Support-and-Survivorship](http://www.smh.com/Home/Services/Cancer-Institute/Support-and-Survivorship).

#### **Oncology Yoga:**

Mondays from 1:30 to 2:30 at HealthFit (Clark Road at Rand Blvd., Sarasota)  
Mondays from 4:00 to 5:30 in Venice at Jacaranda Trace (41 & Jacaranda Blvd.)  
Tuesdays from 5:30 to 6:30 at the Rehabilitation Pavilion at the main hospital, Arlington St. side

#### **Oncology Qigong:**

Saturdays from 12:00 to 1:00 at HealthFit (Clark Road at Rand Blvd., Sarasota)



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### Sarasota Memorial Hospital Cancer Institute Thrive programs continued...

#### **Oncology Tai Chi:**

Tuesdays 12:30 to 1:30 at HealthFit (Clark Road at Rand Blvd., Sarasota)

Tuesdays in Venice 10:00 to 11:00 at Jacaranda Trace (Jacaranda Blvd. & US 41)

Thursdays 12:30 to 1:30 at HealthFit (Clark Road at Rand Blvd., Sarasota)

#### **Oncology Recovery Exercise**

Tuesdays from 3:00 to 4:00 at the SMH Rehabilitation Pavilion, Arlington St. entrance

Wednesdays from 1:30 to 2:30 at HealthFit (Clark Road at Rand Blvd., Sarasota)

Thursdays from 3:30 to 4:30 at the SMH Rehabilitation Pavilion

Fridays from 1:30 to 2:30 at HealthFit (Clark Road at Rand Blvd., Sarasota)

### **SOCIAL CONNECTION:**

**See our full list of cancer support and networking groups – downloadable from our website.**

**Stitch & Chat** (SMH/Thrive) – Sew, stuff and chat while making breast surgery comfort pillows. Mondays from 10:00 to noon at the Team Tony Cancer Connection Center, 3562 S. Osprey Avenue, Suite C, Sarasota, FL 34239.

**Knitted Knockers** are soft breast forms for post mastectomy and reconstruction use. Learn to knit them or help stuff them. Groups meet at several location for knitting and fitting:

- 2<sup>nd</sup> Wednesday from 1:00 to 3:00 at Trinity Presbyterian Church, 4365 State Road 776, Venice

- 3<sup>rd</sup> Wednesday from 2:00 to 4:00 at 1921 Waldemere St., 2<sup>nd</sup> floor Magnolia Room, Sarasota. Park in the SMH North Garage. Valet parking for a fee is available. (SMH/Thrive).

- 4<sup>th</sup> Tuesday from 1:00 to 3:00 at Manatee Memorial Hospital, 206 Second St. East, Bradenton

**Team Tony Cancer Foundation** offers many programs and activities including “laughter yoga”, Team Tony Book Club and a “Coffee Connection”. Visit <https://teamtony.org/cancer-connection/> to sign up for announcements. The Team Tony Cancer Connection Center is located at 3562 S. Osprey Avenue, Sarasota, FL 34239. Telephone 941-227-4404.

**Faces of Courage Foundation** provides free fun Cancer Camps and outings children, women and men diagnosed with cancer and/or blood disorders. <https://www.facesofcourage.org/camps>

**Casting for Recovery** offers free fly fishing retreats for women with breast cancer. Casting for Recovery was founded on the principles that the natural world is a healing force and that women with breast cancer deserve one weekend – free of charge and free of the stresses from medical treatment, home, or workplace – to experience something new and challenging in a beautiful, safe environment.

<https://castingforrecovery.org>

**Grief Support** - Many people need help dealing with the emotions brought on by the loss of a loved one. Tidewell's Grief Education and Support Services offer free bereavement services, whether or not the loved one was a Tidewell patient <https://tidewellhospice.org/home/programs/grief-support/support-groups/>