Wellness and Integrative Health Center
Promoting Physical and Emotional Balance for Cancer Survivors

Personal Optimism with Exercise Recovery (POWER) Program
- POWER offers cancer patients a personalized exercise prescription based on diagnosis, cancer treatment type and phase, and individual fitness goals
- Individualized physical assessment, including cardiovascular, muscular strength, endurance, flexibility, balance, body composition, and bone health
- Customized exercise program
- Community-based exercise activities such as core and stretch, creative dance, Pilates, resistance training, road biking, hiking, snowshoeing, and rowing

Nutrition Counseling
- Personalized nutritional counseling by an registered dietician for people diagnosed with all types of cancer
- Help with special dietary needs resulting from cancer therapies

Supportive Care and Stress Management
- Mind-Body Skills Group—participating patients are taught guided imagery and visualization, breathing techniques, and moment-to-moment awareness and meditation
- Mindfulness-Oriented Recovery Enhancement (MORE)—a treatment approach to improve understanding of stress-related conditions, addiction, emotional issues, and chronic pain

Acupuncture and Massage Therapy
- Acupuncture is used as a complementary therapy to help ease symptoms of cancer treatment such as nausea, pain, fatigue, insomnia, hot flashes, peripheral neuropathy
  - Research being conducted on the “Effects of Acupuncture on Cancer Treatment-Induced Fatigue, Hot Flashes, and Peripheral Neuropathy”

Healing Arts
Artist in Residence, dance, YourStory Program, creative writing

Research
Cancer survivors are among those with the highest risk for developing a secondary cancer. HCI researchers use the Wellness Center to understand how participation and engagement in activities such as fitness programs contribute to quality of life for cancer survivors. Several such studies are underway.

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