



now offering online programs

# for people affected by cancer

*All programs provided at no cost.*

We're making it easier for you to stay connected and get support.

During this uncertain time, we're offering a wide variety of online programs in place of our in-person programs.

It's easy to get started and participate from your own home.



Information  
& Education



Exercise  
& Nutrition



Stress  
Management



Child & Family  
Programs



Support Groups  
& Counseling

Visit [wellnesshouse.org/virtual-programs](https://wellnesshouse.org/virtual-programs)