



You are invited to participate in our wellness program at Hope Cancer Resources!

Wellness Center for Hope



A Service of Hope Cancer Resources



The Wellness Center for Hope is a free resource for cancer survivors and caregivers in the Northwest Arkansas region.

Our Vision: To enhance the quality of life of cancer survivors and caregivers in the Northwest Arkansas region.

Our Mission: To promote wellness and healthy living in cancer survivors and caregivers by offering access to knowledge and a variety of health-oriented activities.

Our Goals:

- To restore physical activity in the lives of cancer survivors and caregivers through yoga, light exercise and weight training.
- To optimize nutrition and healthy weight of cancer survivors and caregivers through nutrition interventions, stress reduction and adequate sleep.
- To foster the development of healthy behaviors and lifestyles in cancer survivors and caregivers through tobacco cessation and motivational and solution-focused therapy.

Yoga: Tuesdays Fridays
10:30-11:30 a.m. 10-11 a.m.

Wellness Center for Hope Team

Abbie Luzius, MS, CHES, CTTS
Manager of Prevention & Wellness
abbie.luzius@hopecancerresources.org

Hannah Waggener, CPT
Wellness Specialist
hannah.waggener@hopecancerresources.org

Casey Shelor, MS, CHES, CTTS, CWC, CPT
casey.shelor@hopecancerresources.org



Support for the Journey. Education for Life.

hopecancerresources.org
479.361.5847