

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 motivational and solution-focused therapy, and tobacco cessation.

Virtual Yoga:
via Zoom

Tuesdays
10:30-11:30 AM

Fridays
10:00-11:00 AM

Virtual Insights:
*Guided Relaxation on
Facebook and Youtube*

Fridays
9:00 AM

Open gym is temporarily suspended. All weight training and gym sessions have been moved to a one-on-one, appointment only format.

Wellness Center for Hope Team

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Support for the Journey. Education for Life.

HopeCancerResources.org

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