

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

Yoga

Tuesdays

10:30AM - 11:30AM

Fridays

10:00AM - 11:00AM

In person - RSVP encouraged
Virtual Class Available

-Contact Hannah Edwards
for Zoom link

Insights

Guided Relaxation

Fridays

9:30AM - 10:00AM

Virtual Class Available

-Contact Hannah Edwards
for Zoom link

One-on-one personal training available by appointment

Wellness Center for Hope Team

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