

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

In-Person Yoga

Contact

Hannah Edwards
for registration

Tuesdays

10:30AM - 11:30AM

Fridays

10:00AM - 11:00AM

Insights

Guided Relaxation

Fridays

9:30AM - 10:00AM

Please call for personal training or open gym hours availability

Wellness Center for Hope Team

Hannah Edwards, CPT, CES, CTTS
Director of Wellness Services
hannah.edwards@hopecancerresources.org

Leisha Atwood, CTTS
Tobacco Treatment Specialist
leisha.atwood@hopecancerresources.org

