

# 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                      Wednesdays                      Fridays  
10:30-11:30 AM                      5:30-6:30 PM                      10:00-11:00 AM

**Open Gym:**    Mondays & Wednesdays            Tuesdays & Thursdays  
8:00-10:00 AM                      1:00-3:00 PM

**Insights:**            Fridays  
*Guided Relaxation* 9:30-9:55 AM

## Wellness Center for Hope Team

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**Hope Cancer Resources**

*Support for the Journey. Education for Life.*

**HopeCancerResources.org**

**479.361.5847**