

FOR IMMEDIATE RELEASE:

Wellness Place

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WELLNESS PLACE ANNOUNCES NEW PROGRAMS

Wellness Place is pleased to announce three new support programs for the NCW cancer warriors they serve. These programs will be offered in-person, and via Zoom online.

Wellness Place offers FREE cancer support and services to all residents in Chelan, Douglas, Grant and Okanogan counties.

“Once the world shut down due to the pandemic, we were forced to cancel our in-person activities. We are all thrilled to be able to come together in person again, and support our cancer warriors,” says executive director, Julie Lindholm

These three new programs for our NCW cancer warriors and their loved ones include:

Mindfulness-Based Self-Care

This beneficial 45-60 minute program will be hosted online via Zoom at 12:00noon on the 2nd and 4th Thursday of each month, hosted by instructor Kari Lyons-Price. Kari will lead and teach body-mind awareness practices to assist cancer warriors, survivors, and their caregivers or families. Mindfulness practices involve focused attention, regulated breathing, and developing a nonjudgmental awareness of one’s thoughts and feelings to empower participants to take an active role in the management of their health and wellness.

Compassionate Cancer Care Support Group

Designed for caregivers, family members and loved ones who want a safe place to discuss the stresses, challenges, and rewards of providing care for a cancer patient.

Breast Cancer Support Group

Whether newly diagnosed or going through treatment, this breast cancer support group is a supportive environment to share feelings and challenges, and learn from others who are facing the similar situation.

Registration is required for all groups to insure we have adequate space and information. For more information, and to register, please visit www.wellnessplacewenatchee.org/programs.