



Wellness extends beyond physical health

to include spiritual, social, and emotional well-being. Having cancer does not preclude wellness. There are many things that you can do to enhance your wellness after receiving a diagnosis of cancer.

Depending on your treatment regimen, you may experience a range of physical symptoms, including fatigue, nausea, a decreased immune response, and loss of appetite.

Emotionally, you may experience depression, anxiety, and loneliness. And, you may find that intimacy with your significant other is not what it used to be.

The Robert and Marjorie Goodson Oncology Wellness Program is designed to help you feel stronger, have more energy, and live better.

Cost

The Oncology Wellness Program assessment (conducted by RehabWorks) is typically covered by Medicare and most private insurances. The 12-week Wellness Program at HealthPlus Fitness Center is free to patients, with a companion membership for the duration of the program available for \$42. Upon completion of the program, patients may choose to continue exercise through the Exercise Is Medicine program at HealthPlus for \$42/month.

For more information, call HealthPlus Fitness Center at 334-887-5666 and ask about the Oncology Wellness Program.



More about Robert & Marjorie Goodson



Robert Arwood Goodson and Marjorie DeLapp Goodson founded Goodson's Jewelry Store, which operated for over 50 years in downtown Opelika, Alabama. In 2010, after their deaths, their estate made a gift to the East Alabama Medical Center Foundation in the form of an endowment to create the Robert and Marjorie Goodson Oncology Wellness Program. It was the single largest gift ever received by the EAMC Foundation.

The Cancer Center
of East Alabama



cancercenter.eamc.org
334-528-1070

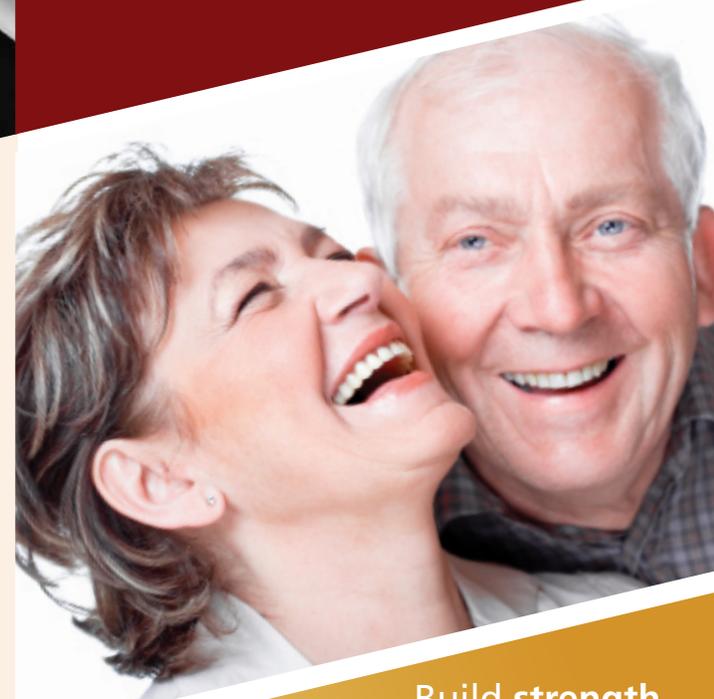


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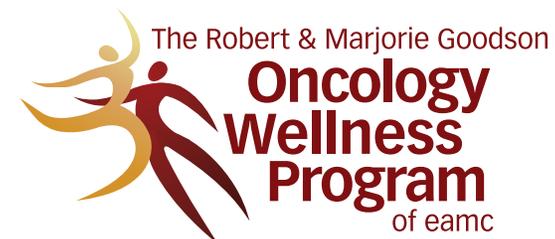


healthplusfitness.com
334-887-5666

Feel better.
Live better.



Build strength.
Increase energy.
Reduce stress.



Feel better. Live better.



About the program

The Robert and Marjorie Goodson Oncology Wellness Program is a collaboration between the Cancer Center of East Alabama, HealthPlus Fitness Center, and RehabWorks outpatient rehabilitation. All are services of East Alabama Medical Center, assuring seamless care across the disciplines.

Recent studies have shown that exercise, good nutrition, and emotional and social support go a long way toward improving the quality of life of cancer patients both during and after treatment. Our Oncology Wellness Program helps patients and caregivers to live better, feel stronger, and grow through the challenges of cancer and cancer treatment.

Patients may participate in the program through all three phases of treatment: pre-treatment, intra-treatment, and post-treatment.

Services include exercise (including aquatics), massage therapy, nutritional counseling, stress management and intimacy counseling.

Benefits include:

improved lung function • better range of motion
stress relief • increased energy and stamina
strength • endurance • decreased risk of depression

How it works

Ask your nurse or therapist if you are a candidate for the program. He or she can assist you in enrolling in the program.

Prior to entering the Wellness Program, you will receive a specialized evaluation by a team of therapists at RehabWorks. These specialists will conduct an individualized assessment of strength, range of motion, balance, risk for falls and/or injury, and other factors as needed. Some patients will benefit from skilled therapy prior to continuing with the Wellness Program.

Upon referral from RehabWorks, Healthplus will initiate the Wellness Program in three phases:

Phase 1 Orientation by a Certified Cancer Exercise Specialist, individual exercise plan, group stretching and range of motion.

Phase 2 Resistance exercises and light aerobic training in both individual and group settings as indicated.

Phase 3 Self-paced strength training, more at the patient's initiative. This may include cardiovascular, aquatic classes, tai chi, Pilates and yoga.