



THE QUEEN OF THE VALLEY'S CANCER WELLNESS PROGRAM:

SUPPORTING THE WELLBEING OF CANCER PATIENTS THROUGHOUT NAPA

PROGRAM SUMMARY

The Queen of the Valley Hospital and its Synergy Medical Fitness Center provide a 12-week Cancer Wellness Program to all cancer patients in the Napa, CA region, regardless of where they are being treated or if they have insurance. Any person who lives outside of the Napa Valley, but receives treatment at Queen of the Valley Medical Center is also able to participate. Admission only requires a physician's referral. Anyone with a physical or functional deficit as a result of cancer, who is undergoing or who has recently completed cancer treatment is eligible to participate. The program includes components from both The Queen of the Valley Hospital and its Synergy Medical Fitness Center, which Active Wellness manages for the hospital.

Cancer Wellness Program participants receive:

- Guidance in developing an exercise program with a physical therapist to increase energy and combat fatigue
- Nutritional consultation with a Registered Dietician to improve nutritional health
- Individual counseling sessions with a licensed Therapist and/or Meditative Wellness Coach to promote wellbeing and stress mastery
- Private meeting with a Spiritual Care Minister, as needed
- Individual sessions with a Rosen Method/Comfort Touch Practitioner to enhance body awareness and relaxation
- Information on community resources and organizations that serve the needs of cancer survivors
- 3-month Membership to Synergy Medical Fitness Center, which includes access to group classes such as yoga, Pilates, meditation, aquatic exercise and more

RESULTS

- Program has run 10 consecutive years from 2006–present
- 750 program participants to date
- 15-18 new program participants join the program each month, on average
- 24% of Cancer Wellness Program participants become Synergy Medical Fitness Center members



"The Cancer Wellness Program was the key to getting my life back. And, I am fortunate to have been a recipient of all the wonderful talent here at the Queen. When you're sick it's easy to feel like you're all alone. The Cancer Wellness Program gives you the opportunity to meet people with similar experiences, and to share stories, sorrows and hopes. That made a huge difference in my recovery."

Bob Smith

CONTACT US

Receive a free consultation and needs assessment when you contact us today!

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