

Integrative Oncology Programme

Six-week holistic programme to promote wellness after your cancer diagnosis.



The Integrative Oncology Programme will provide techniques to incorporate into your self-care routine.



COMMUNITY PARTNERS

Waterfront Wellness

Nutritional Therapy + Fitness

Solstice

Psychiatrists + Clinical Psychologists
Specialising in Wellness Therapies

Alternative therapy agencies island-wide



Penny Brohn UK
Living Well with Cancer

www.pennybrohn.org.uk

For more information, contact:

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P.A.L.S. Cancer Care in Bermuda



Integrative Oncology Programme

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Solstice

EMOTIONAL SUPPORT

Solstice will provide tools to help you cope with and adjust to the emotional and psychological challenges which may arise while living with cancer. The group will be facilitated by clinical psychologists and specialist therapists to provide a holistic, evidence-based approach to your care. Group sessions will focus on:

- coping with adjustment, change + loss
- managing difficult feelings
- living meaningfully with cancer
- pain + fatigue management
- compassionate self-care
- mindfulness + relaxation

Treatment Alternatives

- Massage
- Reiki
- Spiritual Support
- Reflexology
- Qigong

Nutrifit

NUTRITIONAL SUPPORT

Led by Catherine Burns, this 6-week optimum nutrition programme is tailored to address the questions, concerns, needs and goals of those experiencing or recovering from cancer. You'll receive a combination of group classes and individual consultations giving you empowering, preventative health protocols to nourish and support you. Catherine believes in balance and specialises in creating nutrition plans that are both delicious and practical. These sessions will focus on:

- science-led, evidence-based holistic nutrition education
- flexible dietary guidelines, including recipe and meal plan options
- product recommendations and help reading labels
- Help managing issues relating to appetite

Movement

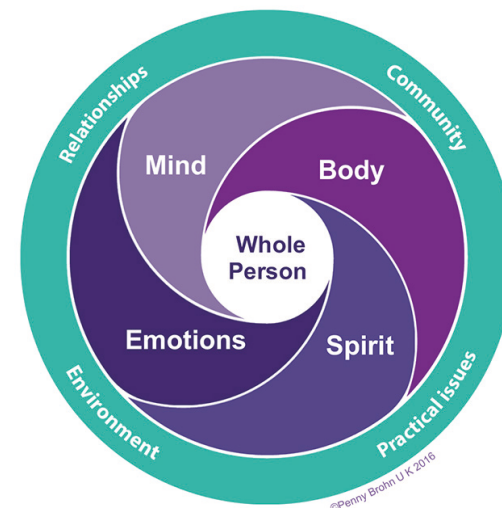
Waterfront Wellness gym facility will provide you with several exercise options including yoga and strength training classes.

Expert gym staff will consult with each participant to ensure we find something that suits your energy and ability.



Our Philosophy

The Integrative Oncology Programme is modeled on the Bristol Whole Life Approach developed by Penny Brohn UK. It is based on the science of Psychoneuroimmunology (PNI) and encourages nourishment of the mind, body, spirit and emotions. Reducing stress and strengthening our body's immune system can be a key factor to wellness and an effective tool in the fight against cancer.



BRISTOL WHOLE LIFE APPROACH MODEL

