

For more information about participating in  
Wellness Center programs, call or go online:

**801-587-4585**

**[www.huntsmancancer.org/wellnesscenter](http://www.huntsmancancer.org/wellnesscenter)**

For answers to cancer questions and concerns,  
call the Huntsman Cancer Learning Center:

**1-888-424-2100**

a reason to HOPE<sup>®</sup>



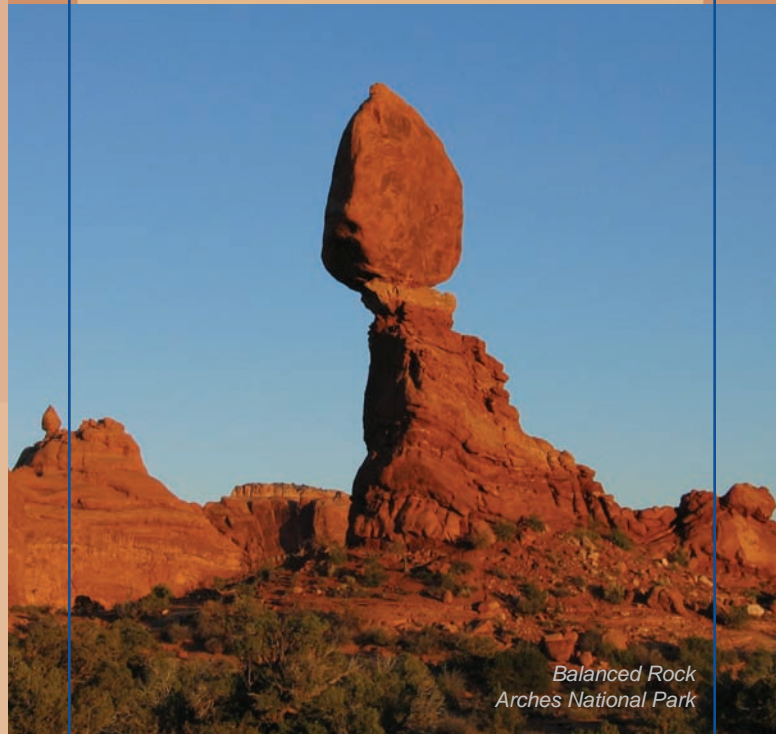
**HUNTSMAN**  
CANCER INSTITUTE  
UNIVERSITY OF UTAH

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08/09

# THE LINDA B. AND ROBERT B. WIGGINS WELLNESS CENTER



*Balanced Rock  
Arches National Park*

*Promoting physical and emotional  
well-being and a sense of balance  
for people diagnosed with cancer*

HUNTSMAN CANCER INSTITUTE



The Wellness Center complements the medical care of Huntsman Cancer Institute patients by addressing their physical and emotional needs and the needs of loved ones during and after treatment. The Wellness Center promotes lifelong well-being through individual and group programs. Most programs are provided free of charge.

## Fitness Program

Physical activity is an important part of cancer recovery. The Fitness Program creates an exercise prescription for cancer patients based on diagnosis, treatment type and phase, and personal fitness goals. Services include a physical assessment, individual exercise program design and monitoring, and community-based exercise activities.

## Nutrition Counseling

Available on a walk-in basis or by appointment, the Wellness Center's registered dietitian provides personalized nutrition counseling for people diagnosed with all types of cancer. The dietitian offers expertise in dietary supplements as well as help with special dietary needs resulting from cancer therapies.

## Supportive Care/Stress Reduction

The Wellness Center coordinates these care services:

- Individual counseling as well as ongoing patient and caregiver support groups
- Guidance to help parents diagnosed with cancer talk to their children in age-appropriate ways about their disease and its treatment
- Stress-reduction skills training such as guided imagery, hypnosis, and other mind-body techniques to aid the healing process, relaxation, and insomnia
- Information about cancer-related job and insurance discrimination issues

## Bone Health and Osteoporosis Program

People treated for cancer have a higher incidence of osteoporosis than the general population. This may lead to increased risk for bone fractures and disability. This program provides screening for, and prevention and treatment of, bone thinning.

## Acupuncture

Adapted from traditional Chinese medicine, this technique uses fine needles that are inserted through the skin at specific points. The Wellness Center offers this therapy to help control pain and nausea.

## Look Good...Feel Better

Sponsored by the American Cancer Society, this class teaches female cancer patients beauty techniques to manage side effects of cancer treatment such as hair loss. Participants also receive a free cosmetics kit.

## Yoga

Yoga increases flexibility, balance, range of motion, and muscle tone. As with other forms of exercise, it can improve mood and a sense of well-being. The Wellness Center offers classes to patients and their loved ones.

## YourStory Program

The YourStory Program helps patients and their loved ones record tales of their lives. A trained facilitator guides the process and produces a professional-quality CD.

## Sexual Health Program

This service addresses sexual health issues related to cancer and its treatment, including physical changes and dysfunction problems, emotional effects that impact intimacy, body image concerns, and fertility preservation.

*The Wellness Center is located on the first floor of Huntsman Cancer Institute. For more information, call 801-587-4585 or visit [www.huntsmancancer.org/wellnesscenter](http://www.huntsmancancer.org/wellnesscenter).*