



### Our mission

LivingWell exists to provide compassionate

### Our focus

their caregivers learn vital skills that enable



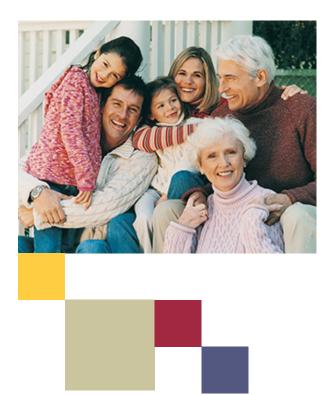


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## LivingWell Cancer Resource Center

Providing compassionate care and hope to families facing cancer







LivingWell Cancer Resource Center is a gathering place where people come together through a shared experience: a cancer diagnosis. Whether you are a patient, a caregiver or a family member, LivingWell can help you navigate your way through diagnosis, treatment and survivorship.

Our professionally trained and licensed staff and volunteers facilitate more than 75 programs and services designed to encourage, educate, empower and provide hope to you and your family. We are a non-profit organization fully funded by the community.

"A cancer diagnosis is both terrifying and isolating. Participating in LivingWell's programs made me feel less alone and better able to cope with cancer."

- Ruth R.

# LivingWell programs and services

All programs and services are evidence-based and have been approved by our Professional Advisory Committee, comprised of top oncologists representing various academic and medical centers.

Programs and services are provided at no cost to participants, thanks to generous community donations.

- Medical updates
- Educational presentations
- Nutrition
- Family focus
- Stress relief
- Art
- Wellness classes
- Support and networking groups
- Social work services
- Individual and family counseling
- Life after loss
- Survivorship classes











## We're here to help

To learn more, visit livingwellcrc.org or call 630.262.1111.