



## Nutrition, Exercise & Survivorship

### [Haven of Hope Cancer Foundation](#)

Offers yoga and a walking club. For more information on exercise resources, call 614-383-6256.

### **Lymphedema Care Class**

Learn how to prevent, control, and manage lymphedema- a common surgical side effect.

Mount Carmel Cancer Services- available at all Mount Carmel locations and the Haven of Hope.

Call (614) 234-7545 to schedule.

### **Peggy's Wish**

Provides small but meaningful items to help comfort and support women while undergoing treatment for breast cancer. Included are items such as blankets, hats, journals, etc.

The Peggy Albright Foundation

P.O. Box 640

Pickerington, OH 43147

### **Yoga for Cancer**

Wednesdays at 4 p.m. Class is free but space is limited, please call or e-mail to register.

Grow Yoga

6460 Busch Blvd

Columbus, Ohio 43229

To register, call (614) 800-3818 or (614) 800-3819 or e-mail [patti@beyond-healing.org](mailto:patti@beyond-healing.org)

### **Mount Carmel Survivorship Center**

One-point access to meet patient survivorship needs- Oncology nurse navigators, certified genetics counselor, Images for Women as well as exercise, support and education programs.

5969 E. Broad Street, Ste. 102

Columbus, Ohio 43219

(614) 234-7545

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**Survivors on the Move-** held at all Mount Carmel locations and the Haven of Hope

Variety of group exercise classes (cardio, aerobics, strength, balance, Tai Chi, Pilates, boxing, dancing, yoga, etc.; topics change from month to month.

For class listings or to register call (614) 234-4006

(614) 234-7545

### [Provider Team Map: Who's who? Who should I ask?](#)

A Healthcare Q&A Map, with an integrated healthcare team responsible for your cancer care, it may be hard to know who to ask certain questions.

### [Cancer and Careers](#)

Provides a free workbook, educational resources, support and information for both cancer patients and survivors, as well coworkers, managers, CEOs and human resources personnel about cancer patients and survivors working through their treatment and returning to work.

### [Livestrong Care Plan, Survivorship Care Planning](#)

Cancer survivorship care plans are individualized plans developed in conjunction with your healthcare provider to help document late effects, follow-up, recommendations for healthy lifestyles, prevention options and other support resources. Some oncologists already provide this service, but many do not. You can use this tool to begin developing a care plan with your provider.

### [Lotsa Helping Hands](#)

Provides a simple way for friends, family, colleagues and neighbors to pitch in with meal delivery, rides and other tasks necessary for life to run smoothly during a crisis. It uses a free, easy-to-use, private group calendar, specifically designed for organizing helpers.

### [Fertile Hope](#)

Fertile Hope is dedicated to providing reproductive information, support and hope to cancer patients and survivors whose medical treatments present the risk of infertility. 855-220-7777, [cancer.navigiation@livestrong.org](mailto:cancer.navigiation@livestrong.org)

### [Verna's Purse](#)

Provides discounted long-term reproductive tissue storage for qualifying male and female patients. 888-489-8944

### [Survivorship A to Z](#)

A comprehensive interactive website for people with cancer.



### [JamesCare for Life](#)

Programs include patient and caregiver support groups, educational classes and programs, expressive and creative arts, music therapy, children's support programs, special events and retreats- all free of charge.

### [Helping Hands in the Garden](#)

Assists breast cancer patients with clean-up of their garden with one three hour visit. Visit the website for a brochure and application.

### **Treatment and Survivorship Care Planning**

After treatment for breast cancer, follow-up care is important to help maintain good health, which includes managing side effects from treatment and watching for long-term side effects (called late effects) or signs of cancer recurrence. A follow-up care plan may include regular physical examinations and other medical tests to monitor your recovery for the coming months and years. To help keep track of the cancer treatment you received and work with your doctor to develop a survivorship care plan, American Society of Clinical Oncology offers cancer treatment summary forms, which you can download [here](#).

- Adjuvant Treatment Plan and Summary
- Survivorship Plan
- Preoperative Plan
- Follow-up and Management Guidelines

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