



## 04 Cancer Wellness

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### CANCER WELLNESS PLAN

When you meet with your health care team, you will work together to develop a wellness plan to help care for your physical, emotional, social and spiritual needs. If you find it hard to talk about this, it may help to know, the more you do it, the easier it becomes. Your provider may suggest other members of the health care team for you to talk with such as a social worker, oncology dietitian, nurse or spiritual care staff.

### CHECKLIST FOR A HEALTHY LIFESTYLE

- Manage stress, learn to relax and make time for fun
- Build your resiliency
- Find meaning and purpose
- Get the sleep you need
- Get to and stay at a healthy weight
- Build a healthy eating style with plenty of fruits and vegetables
- Limit how much alcohol you drink
- Get moving with regular physical activity, exercise and stay active
- Get regular check-ups and cancer screening tests
- Know yourself, your family history and your risks
- Protect your skin from the sun and avoid tanning beds
- Quit smoking, avoid secondhand smoke and stay away from all forms of tobacco
- Avoid or limit exposure to environmental cancer-causing substances such as radon and asbestos

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Coborn Healing Center offers many free services to help you and your caregivers during and after cancer treatment. **For more information call 320-229-5100.**