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www.ymcahbb.ca



A supervised exercise and education program designed for individuals who have been diagnosed with cancer at any stage of their cancer treatment



CanWell

P R O G R A M



The YMCA of Hamilton/Burlington/Brantford, Hamilton Health Sciences and McMaster University have partnered to develop community health programs.

This program is a 12 week supervised exercise and education program designed for individuals who have been diagnosed with cancer at any stage of their cancer treatment. Participants will have access to a Kinesiologist, Physiotherapist and Advanced Practice Nurse for the duration of the program. There is an initial intake interview with a YMCA staff to get a medical history and assist in the development of goals. Individuals can be referred by a physician or health professional or self refer to the program. Participants will require a physician's clearance to exercise. The YMCA will provide a referral form to take to your physician for approval.

Program Schedule

As part of the CanWell program there are supervised blocks of time in the Fitness Centre that the CanWell team will be available for program design and support.

Monday	2:00-5:00 pm	Fitness Centre
Wednesday	2:00-5:00 pm	Fitness Centre
Friday	10:00am – 12:00 pm	Fitness Centre
	11:00am – 12:00 pm	Pilates Studio

All other programs included in membership are also accessible outside of the CanWell program.

Education Sessions

There will be regular education sessions as part of the program. Members can join in the education at any time. The education session will include topics such as:

- Benefits of Exercise
- Post-Treatment – What to Expect
- Healthy Eating and Nutrition
- Community Resources
- Post Cancer Transition – Things to Consider

** please see the Membership Desk for a schedule of education dates*

Charitable Mission

The YMCA of Hamilton/Burlington is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

Our Vision

Creating healthy communities in which individuals and families have opportunities to reach their potential.

Core Values

Caring, Honesty, Respect and Responsibility.



Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make this possible. If financial circumstances are limiting your ability to participate, assistance may be provided.

Please contact us for more information. All inquiries will be held in strict confidence.

