

# Healthy Eating and Active Living (HEAL)

## A free program for female cancer survivors

HEAL is a free healthy eating and active living program sponsored by the American Cancer Society through Kohl's Cares. Each HEAL program is 10 weeks long and consists of health education, nutrition counseling and exercise classes from an oncology registered dietitian, certified lymphedema occupational therapist and oncology registered nurses/certified cancer exercise specialists.

In-person classes will be held at the New Berlin YMCA. All participants are encouraged to bring a support person.

## Who can attend HEAL?

- Female cancer patients between the ages of 19-80 that have been diagnosed with stage I, II, III, or IIII cancer
- Currently undergoing treatment (radiation, hormonal or immunotherapy) or completed within the last five years
- We are unable to accept cancer patients currently undergoing chemotherapy

## What will HEAL provide for female cancer patients?

- Personalized exercise programming and nutrition planning
- Ongoing healthy eating and active living support from facilitators throughout the program
- A free 3-month household YMCA membership, free teaching kitchens, rental of Garmin Vivoactive 5 smartwatch and fitness tracker, and more!

## Upcoming sessions

### Fall 2025

- September 8th, 2025 – November 11th, 2025; Mondays, in person, from 4:30-6:00 pm. and Wednesday, virtually, from 4:30-5:00pm.

Contact Kayla Thorne, Cancer Prevention/Wellness and Survivorship Nurse Coordinator, at [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org) or 414-212-5171 if you are interested in participating or scan the QR code to learn more.



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