

Healthy Eating and Active Living (HEAL)

A free program for breast 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 a registered dietitian and an oncology registered nurse/certified cancer exercise specialist.

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

Who can attend HEAL?

- Breast cancer patients between the ages of 19-80 that have been diagnosed with stage I, II, III, or IIII breast cancer
- Currently undergoing treatment or completed within the last three years
- We are unable to accept breast cancer patients currently undergoing chemotherapy

What will HEAL provide for breast 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 2024

- September 9, 2024 – November 11, 2024; Mondays from 2:30-4:00 pm. and Wednesdays from 2:30- 3:15pm.

Winter/Spring 2025

- January 7, 2025 – March 11, 2025; Tuesdays from 4:30-6:00 pm. and Thursdays 4:30- 5:15pm.

Contact Kayla Thorne, Cancer Prevention/Wellness and Survivorship Nurse Coordinator, at 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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