

## Who we are

We envision a community where all people affected by cancer thrive. Offered at no cost and as a complement to medical treatment, our programs **educate, support** and **empower** participants so they will improve their physical and emotional well-being.



## Here, when and where you need us.

Wellness House is breaking geographic and language barriers. Participants can access nearly **500 online programs a month** - many now in Spanish. We offer in-person, online and on-demand programming at no cost.

Over **44,000** people served since 1990

In FY 2021

**47,527**

Visits to online programs

**500**

Programs per month

**36** states and **369** Zip Codes served

**95%** Participants report an increase in their sense of well-being

Participants report an improvement in their overall quality of life **94%**

**94%** Participants report an increase in sense of community and support

## PROGRAM AREAS

All Wellness House programs are evidence-based. Research shows:



### Information and Education

Increased knowledge can reduce anxiety, enhance coping, improve pain control and improve quality of life and compliance with treatment, resulting in better health outcomes.



### Nutrition

Nutritional support during treatment leads to fewer symptoms and better food choices.



### Exercise

Exercise is not only safe during cancer treatment, it improves physical functioning and quality of life.



### Stress Management

Learning and practicing stress management techniques helps individuals feel less anxious and more in control of their lives.



### Child and Family

Families who are able to support one another and communicate openly often forge stronger bonds even during times of stress.



### Support and Counseling

Social support leads to fewer depressed feelings and improved health outcomes for people with cancer.

# Wellness House exists because of the generosity of people who support our mission.

All programs are offered at no cost!



“Wellness House was a blessing during the pandemic, specifically the online classes,” says Betty. “I started with nutrition classes and continued from there.”

Betty - Participant



“I’ve taken Meaning-Centered Psychotherapy group a few times and one of my favorite parts was the legacy project. I want my legacy for my daughters to be the gift of faith.”

David - Participant



“I just know they understand what I am going through,” says Haruko. “It’s a group of women in the same situation and there is comfort in that.”

Haruko - Participant



“With a cancer diagnosis, you think there is nothing you can do, but I learned a lot from my sessions. There is always someone in our group who is saying that we will get through this.”

Yanet - Participant