



This program is designed to help cancer patients integrate natural agents, nutrition, exercise, stress management and other non-invasive modalities with their current cancer treatment program. The goals are to increase the likelihood that they will realize improved health, have less treatment side effects, have a better quality of life and higher cancer remission rates. People who want to prevent cancer can also benefit from this program.

## Living Life With Cancer

Starting October 23, 2019



3 Gorham Road, Pembroke  
HM08 Bermuda P: (441)  
292-4530  
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## Living Life With Cancer



### Phase 1 Group Sessions (12 weeks)

#### Baseline Health and Cancer Wellness Screening

- Oct 23 Surviving Cancer Against All Odds  
Why Integrative Cancer Care Works
- Oct 30 Your Anti-Cancer Diet Plan  
How Diet Affects Cancer
- Nov 6 The Role of Stress Chemistry in Cancer Care  
The Roles of Fitness in Cancer Care
- Nov 20 Building a Healthy Immune System  
Infra-red Sauna and Immunity
- Dec 11 Fighting Cancer-Promoting Inflammation
- Dec 18 Fighting Cancer-Promoting Free Radicals  
Lifestyle Strategies that Improve Sleep Habits
- Jan 8 Fighting Cancer Promoting Blood Sugar Dysregulation
- Jan 22 Fighting Cancer Promoting Blood Coagulation
- Follow-up Health and Wellness Screening

### Phase 2 Group Sessions (12 weeks at an additional cost)

These support group sessions are designed to ensure that the health improvement begun over the first 12 weeks are further improved or maintained for the long-term. We will expend upon the above health topics and include additional health topics of need and concern to the program attendees.

### Participants Receive

- 3 Health and Wellness Screenings:  
Lipid Profile, Full Chemistry, CBC, HbA1c & Wellness Profile
- Weekly BCAs with Blood Pressure & RHR readings
- 3 medical visits and 2 one-on-one nutrition visits
- 8 Living with Cancer group sessions
- An 12 week gym membership with up to 5 saunas sessions a week
- 10 exercise group classes with Certified Personal Trainers
- Course materials and two cancer support supplements
- Relaxation and stress management exercises
- Tasty food samples that support cancer care

#### LOCATION & TIME

3 Gorham Road, Pembroke HM08. Program take place on Wednesday evenings from 5:30 pm to 7:00 pm.

#### COST

Program cost will range from \$1,000.00 to \$1,375.00 depending on insurance coverage

#### PROGRAM PROFESIONALS

Leonard Gibbons, DrPH, MPH, HT, MT, RD  
Brent Williams, MD & other Hope Healthcare Medical Doctors  
Jasmine Desilva, NTC, CPT  
Vanessa Williams, CPT

#### REGISTRATION

Call 292-4530 for additional details and to reserve your spot at our next Living Life With Cancer program