

Cancer Rehabilitation Program Fees

\$95/hour.....\$15/15min thereafter

Complimentary & Alternative Medicine and Personal Training

- Lifestyle consultation (nutrition, stress management, strategies for change)
- Exercise rehabilitation
- Bowen therapy
- Reiki

Initial consultation is included to discuss the individual needs of the client.

*Purchase of 8 sessions receive **10% discount**. You can use whichever session is suitable, and all sessions are interchangeable.*

\$149.....Nutrition Analysis & Consultation (ideal for post treatment or as part of a prevention plan)

- Initial consultation followed by a 3 day food journal
- Complete analysis of current intake including vitamin and mineral intake from food sources, carbohydrates proteins, fats, and calories.
- Follow up consultation includes review of dietary analysis and *recommendations based on findings and goals of the individual.

Recommendations are based on generally healthy individuals and does not take the place of a dietician. If you have a specific medical condition that requires medical intervention please see a Registered Dietician.

\$250.....Exercise Prescription

- Initial Consultation
- Exercise recommendations and plan
- One on One Session at beginning of program and at 4 weeks.
- Telephone and email support through out program

This program is excellent for those who choose to continue working though treatment and have limited time for structured one on one sessions or need an adjustment to a current exercise plan.

\$250.... Relaxation and Stress Reduction Strategy Plan

- Initial Consultation
- Stress Management & Stress Reduction Techniques Tutorial
- Choice of 2 sessions of Reiki, Bowen therapy or combination of both
- Telephone and email support

We Offer:

Neuromuscular Therapy for Injuries (Bowen Technique)
Cancer Exercise Specialty & Cancer Recovery Complimentary Care Services
Reiki, Zumba & Fitness Education

Learn more at www.rejeneration.ca

\$99 per person...Group & Corporate Wellness Workshop

Minimum of 4 people required to run workshop. Approx. 3 hours in length

As many people know, the treatment for cancer can cause many debilitating symptoms that vary in intensity and duration and can affect all or some of the body's physiology. Cancer Rehabilitation addresses these symptoms in various ways that is individual to each person.

This Cancer Rehabilitation short course is a comprehensive workshop that is ideal for cancer patients and anyone who is involved with an individual going through cancer treatment.

Various topics include the benefits of exercise during cancer recovery and guidelines for prescription (including basic program design) and what to be cautious of.

Discussions include the benefits of Alternative and Complementary Medicine (CAM) and how it can help during cancer recovery, nutritional recommendations and, current research in using CAM during cancer recovery. We will look at how this all fits together with the traditional model of care for the cancer patient.

This workshop is designed to provide up to date information to support the cancer patient's chosen treatment plan and not to replace any prescribed treatments.

Questions? Call me directly at (416) 276-6053

Jenna Howe C.B.H.T., C.P.F.T, Cancer Exercise Specialist

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