

VISIT WELL ON THE WEB
Wellspring Centre for Online Programs

wellspring.ca/online-programs

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Nutrition Support

AT WELLSPRING



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To learn more, please visit wellspring.ca/online-programs

Wellspring Nourish

Eating healthy before, during and after cancer treatment can help you feel better, keep your body strong and better able to cope with side effects, and in some cases, may even lower your risk for recurrence.

But eating well and maintaining good nutritional practices can be a challenge when you have cancer, and some treatments can even cause problems that make eating difficult.

The Nourish Programs at Wellspring are available to help you manage treatment side effects so you can feel more in control of your health. Each Wellspring Nourish program is developed and led by a Registered Dietitian with experience in oncology. In each program session, you will discover ways to incorporate healthy foods into your diet and learn helpful shopping and meal planning strategies. You will explore tasty recipes and learn to make achievable lifestyle changes that will leave you feeling better, optimistic and inspired.

Adding Flavour to Food
Beans & Grains
Myths & Controversies
Nutrition and Breast Cancer
Plant-Based Eating
Super Healthy Strategies
Talking With Dietitians



Wellspring helps you manage your life after a cancer diagnosis.

With centres across Canada, including a national online centre, Wellspring is the Canadian leader in support programming for anyone experiencing cancer, including caregivers and family members.

We provide professionally-led programs that enhance physical and nutritional health, help overcome anxiety and isolation, improve emotional well-being, and teach practical solutions for the many new life challenges you may experience following a diagnosis and treatment for cancer.

Whether you attend programs at a Wellspring centre or join with others online from the comfort of home, Wellspring will provide you with the skills and confidence needed to elevate your quality of life through a strengthened body and mind.

Our focus is always on the person, not the illness, and all who reach out to Wellspring are cared for in a safe community of compassion, expertise, respect and comfort.

Programs and services are provided at **no charge**. Wellspring is funded solely through the generosity of donors and grateful, resilient cancer survivors.

