Rebuild & Renew

Creating a Healthy Lifestyle After Cancer

Rebuild and Renew is an 8 week program which is offered in the spring and fall to women cancer survivors. The program is designed to educate, motivate, and inspire participants to embrace nutrition, exercise, and stress reduction practices to help reduce their risk of cancer recurrence and contribute to their sense of well-being and vitality. Join a FUN, supportive community for weekly classes that include:

- mindful movement by therapeutic yoga instructor Nancy Wang
- hands-on cooking taught by cooking coach and chef Lisa Rost
- Qi Gong taught by author and instructor Lori Furbush
- gentle core strength and balance exercise by Amy Contardi
- African dance class by dance diva, Kris Freewoman

For more information or to submit an application call Marlene Lennon, NP-C, CN-BP (707) 525-6687

A Ministry founded by the Sisters of St. Joseph of Orange.

St.JosephHealth℠
Regional Cancer Care