



LIVE BETTER WITH CANCER

Programs are
free-of-charge
and without
medical referral

wellspring.ca

Wellspring can help you overcome the emotional, physical and practical challenges you may be experiencing. Access 50+ programs online and in-person, in the following categories:

- Exercise and movement
- Symptom management
- Finance and workplace strategies
- Self-development, education and nutrition
- Therapeutic arts
- Individual and group support

If you're living with cancer, or supporting someone who is, join and access Wellspring's programs free-of-charge today.

wellspring.ca

1-877-499-9904

All Wellspring programs are made possible by donations.

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