

## Communication Tool Kit

JUNE 2026

Referring Partner,

Thank you for helping connect individuals to Wellspring's **Colon Cancer Exercise Program**, currently being piloted at our Toronto and Oakville locations. This program is part of a research initiative conducted in partnership with University Health Network.

To support the referral process, we have provided key program details below.

If you have any questions or require additional information, please contact **Gerilyn Danischewsky**, Manager, Physical and Functional Programs at Wellspring.

- [Gerilyn@Wellspring.ca](mailto:Gerilyn@Wellspring.ca) or (416) 480-4440 ext 271

Thank you for your partnership and support.

### ELIGIBILITY CRITERIA

Wellspring Cancer Exercise for Colon Cancer program is open to individuals who are:

- 18 years or older
- Stage 2 or 3 colon cancer
- Have received at least one cycle of 5-FU based adjuvant chemotherapy
- Not currently receiving adjuvant chemotherapy
- Within one year of completing adjuvant chemotherapy

### PROGRAM COMPONENTS

This 12-week program meets twice per week for one-hour sessions, for a total of 24 sessions.

Westerkirk House (Toronto): Monday/Wednesday 8:30-9:30am\*

Birmingham Gilgan House (Oakville): Monday/Wednesday 3:30-4:30pm\*

\*Dates/Times subject to change

Participants will:

- Have a 1-on-1 assessment by a qualified health care professional
- receive a personalized exercise program (cardiovascular and strength training)
- exercise in a group with guidance from a highly trained exercise leader
- receive psychoeducation and behaviour-change counselling
- be asked to complete a home program and complete an exercise diary

**Program eligibility is determined by Wellspring during the intake process.** Patients who do not meet the eligibility criteria for this program may be eligible for other Cancer Exercise programs offered by Wellspring.

When discussing this referral with patients, please do not guarantee acceptance or enrollment in the program, as final eligibility is assessed by Wellspring at intake.

### Steps for referring a patient to the Wellspring's Colon Cancer Exercise Program:

- 1) Complete Physician Referral Form (no patient stickers)
  - Add "Colon Cancer Exercise" in the comment section of the form
  - Indicate that they
    - are Stage 2 or 3 colon cancer
    - Have received at least one cycle of 5-FU based adjuvant chemotherapy
    - Not currently receiving adjuvant chemotherapy
    - Within one year of completing adjuvant chemotherapy (i.e. the date of their last cycle)
  - Please note any health care professional can complete the referral form
- 2) Fax Referral Form to Wellspring 416-481-0000
  - Wellspring staff will contact the patient and facilitate the next steps
  - Referring clinicians will **not** be notified about referral receipt or the outcomes of the referral
  - Wellspring will be accepting referrals starting in July 2026

## CANCER EXERCISE BROCHURE



Exercise is an essential part of any cancer treatment plan.

Wellspring's Cancer Exercise program helps individuals reduce treatment-related side effects (nausea, fatigue, pain), regain strength and stamina, enhance emotional wellness, aid in weight management and, for some types of cancer, reduce the rates of recurrence.

Under the leadership of exercise professionals trained and experienced in oncology, this online or in-person program meets twice a week for 12-weeks.

There is no charge to participate.



For more information  
or to register, visit:  
**wellspring.ca**

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.

wellspring.ca | 1-877-499-9904

You can order these and other Wellspring programs and service brochures free of charge at:

<https://wellspring.ca/virtual-centre/brochures-marketing-materials/>



