



Project Connect is a FREE 4-week program designed to help cancer survivors optimize their health, healing and wellbeing. Participants have the opportunity to strengthen body, mind and soul alongside fellow survivors focused on creating a hopeful way forward!

WHO CAN PARTICIPATE:

- Individuals in active cancer treatment or survivors within 10 years of completion of treatment
- Priority will go to individuals living in Waukesha County. *(If resources allow, the program will be made available to our bordering communities as well. Materials must be picked up at our office in Delafield).*



ACCESS INFO HERE



WHAT IS INCLUDED:

- A copy of the book, "Moving Through Cancer"
- A weekly workout on Wednesdays from 5:15-6:15 p.m.
- A 12-month online membership to "MyVictory" with on-demand fitness & meditation classes for survivors
- A resistance band
- At-home delivery of \$50 in healthy pantry essentials
- A vegetable chopper for those who attend a hands-on cooking demonstration
- "Navigating Nutrition" -- an online 4 week mini-course teaching the best nutrition approaches against cancer
- A copy of the book, "Anti Cancer Living" focusing on six key areas of health and wellness
- A weekly mindfulness & meditation class Mondays 10:00-11:00 a.m.
- Group support through in-person meet-ups and a private, online community forum to connect with other local survivors

To learn more e-mail candi@triciastroops.org, call 262-303-4034 or visit www.triciastroops.org to access the application form.