For Immediate Release – April 29, 2019

Bridge to Wellness
A program for cancer survivors, starting June 10 in Green Bay

Green Bay – HSHS St. Vincent Hospital Cancer Centers and Prevea Health invite cancer survivors to participate in Bridge to Wellness – a 10-week series designed to help cancer survivors find healing and wellness – in collaboration with Western Racquet and Fitness Club.

Bridge to Wellness will be held June 10 to Aug. 14, on Mondays and Wednesdays, from 4:30 to 6:30 p.m. at Western Racquet and Fitness Club, located at 2500 S. Ashland Ave. in Green Bay. Participants will learn about exercise, nutrition and making healthy choices as cancer survivors. They will also meet one-on-one with a cancer exercise specialist and dietitian.

Series topics/classes include:
- Mindful eating
- Cancer nutrition myths/truths
- Yoga and flexibility
- Exploring a healthy spirit
- Relationships after cancer

Any and all cancer survivors in the region who have been approved by their oncology physician are encouraged to participate in Bridge to Wellness. The cost is $100 per participant. Each participant and a guest of their choice will receive a complimentary membership at Western Racquet and Fitness Club for the duration of the program.

Those wishing to participate in Bridge to Wellness must register by June 3 at www.stvincenthospital.org/bridge, or call HSHS St. Vincent Hospital Cancer Centers at (920) 433-8488. All registered participants will need to undergo pre-assessments, which will be held June 3 through 7.

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About HSHS St. Vincent Hospital Cancer Centers
HSHS St. Vincent Hospital Cancer Centers includes the largest group of oncologists in Northeast Wisconsin and provides patients access to state-of-the-art diagnostic and treatment technologies, as well as multiple supportive therapies at five locations throughout Northeast Wisconsin. It has been accredited by the Commission on Cancer for more than 55 years and is recognized as an Integrated Network Cancer Program – the highest level of accreditation possible for a non-teaching hospital. With decades of experience and a passion to provide patients the best care possible, HSHS St. Vincent Hospital Cancer Centers works directly with the National Cancer Institute to bring people in the Northeast Wisconsin region access to the newest, leading-edge cancer clinical trials, drugs and prevention studies. For more information, visit www.stvincenthospital.org/cancer.
About Hospital Sisters Health System
Hospital Sisters Health System’s (HSHS) mission is to reveal and embody Christ’s healing love for all people through our high quality, Franciscan health care ministry. HSHS provides state-of-the-art health care to our patients and is dedicated to serving all people, especially the most vulnerable, at each of our 15 Local Systems and physician practices in Illinois (Breese, Decatur, Effingham, Greenville, Highland, Litchfield, O’Fallon, Shelbyville and Springfield) and Wisconsin (Chippewa Falls, Eau Claire, Oconto Falls, Sheboygan, and two in Green Bay). HSHS is sponsored by Hospital Sisters Ministries. For more information about HSHS, visit www.hshs.org. For more information about Hospital Sisters of St. Francis, visit www.hospitalsisters.org.

About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit www.prevea.com.