

Current Services (continued)

- **Music therapy:** using music interventions to enhance relaxation, reduce anxiety, alleviate pain, lift mood and improve quality of life.
- **Health Club Membership Discounts:** A NRHS owned and Norman based fitness center, The Health Club offers membership discounts to all cancer survivors, includes single and couple memberships.



Thanks to the Susan G. Komen for the Cure® grant, if you are a breast cancer patient or survivor you are eligible for further discounts.

CHOOSE WELLNESS AND SIGN UP FOR LIVEWELL! TODAY!

If you are interested in participating in any of the LiveWell! services, please contact:

(405) 307-4037
livewell@nrh-ok.com

Visit NormanRegional.com/LiveWell for more information on LiveWell! and cancer services.

NRHS Cancer Services

- **Inpatient Oncology Unit**
- **Infusion Suite**
- **Radiation Therapy Department**
- **Palliative Care**
- **Breast Care Center**
- **Nurse Navigator**
- **PET/CT Center**
- **Cancer Registry**
- **Hope Oklahoma Skin Care and Support Group:**
meets the second Wednesday of every month
in the NRHS Education Center 10:30-11:30 a.m.
Contact Healthlink to register 405-440-8802
- **Cancer Support Group:** meets the third Tuesday
of every month in the NRHS Education Center
7:00-8:30 p.m. Call 405-307-1705 for more
information
- **Breast Cancer Support Group:** meets first
Tuesday of every month in the NRHS Education
Center 7:00-8:30 p.m. Call 405-307-2620 for more
information
- **Look Good Feel Better:** meets on scheduled
Mondays in the NRHS Education Center 3:00-5:00
p.m. Call 405-307-1705 for more information



Livewell!



Norman Regional
HEALTH SYSTEM



To Improve The Quality Of Life For Cancer Patients, Survivors & Caregivers

Introducing LiveWell!

Thanks to the efforts of the Norman Regional Health Foundation, the Norman Regional Health Club, and partners, Norman Regional Health System (NRHS) is excited to present the LiveWell! program. LiveWell! is an integrative therapy program designed to offer additional support to cancer patients, both currently in or out of treatment. The program is a response to the growing need for extensive cancer support services intended to enhance the whole person; mind, body, and spirit. LiveWell! hopes to help improve the quality of life for cancer patients, survivors and their caregivers.

What is Integrative Therapy?

Integrative therapies are used in a holistic, "whole-person" approach to health care that brings together a full range of proven therapies, with the patient's optimal health and healing at the center. *Integrative* is used to describe the combined use of proven *conventional* treatments, such as surgery, radiation therapy, chemotherapy, hormone therapy, and immunotherapy, with *complementary* therapy methods. Complementary therapies, when used harmoniously *alongside* conventional cancer treatments, may help relieve certain symptoms of cancer and side effects of cancer treatment, reduce cancer-related distress, or improve a patient's sense of well-being. Commonly used complementary therapies include:

- Aromatherapy
- Art Therapy
- Acupuncture
- Guided Imagery
- Healing Touch
- Massage Therapy
- Music Therapy
- Nutritional Counseling
- Personal Training
- Restorative Yoga
- Labyrinths
- Healing Gardens

Current Services

Thanks to community partners like The Health Club, LiveWell! is able to offer the following services:

- **Massage therapy:** involves manipulation, rubbing and kneading of the muscles, which can promote relaxation, decrease pain, ease stiff joints and improve mobility and flexibility.
- **Nutritional counseling:** helps cancer patients choose foods to manage the nutrition related side effects of cancer treatment or disease and overall nutritional health.
- **Personal training:** provides exercise education with a certified trainer to develop and monitor a safe exercise program during and after treatment, includes individual and group options.
- **Restorative Yoga:** a gentle form of yoga that uses bolsters, blocks or blankets to support various parts of the body in poses that encourage a deep state of relaxation. This is a non-aerobic exercise that involves a program of precise posture and breathing activities.