

Program	Information	Eligibility	Contact Information	Fee
Toronto Rehab – HEALTH program (Health, Exercise, Active Living and Therapeutic Lifestyle)	The HEALTH Program is a unique blend of education, exercise and peer support It is generally 6 months in duration - Classes are offered once a week on Friday, 9:00 am – 11:00 am.	-For breast cancer patients only -There may be a wait list for this program -Doctor’s referral required	WEBSITE: http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/HEALTH/Pages/about_us.aspx TELEPHONE: 416 597 3422 ext. 5200 FAX: 416 425 0301 EMAIL: gerilyn.danischewsky@uhn.cadanielle.barry-hickey@uhn.ca	No
Gilda’s Club Greater Toronto	-Yoga, Zumba, stretch and tone, and other classes offered.	All cancer types at any stage of treatment	ADDRESS: 24 Cecil Street, Toronto, ON TELEPHONE: 416-214-9898 WEBSITE: www.gildasclubtoronto.org	No
Wellspring Cancer Exercise Program	-Exercise program developed by assessing each person and then providing supervised exercise in a group setting. Sessions tend to be 2x/week for 20 weeks, then 1x/week for 10 weeks. -Also offers yoga, tai chi, Qi Gong and other support programs at various locations throughout GTA	-Any patient with a cancer diagnosis, at any stage of treatment -Doctor’s referral required	WEBSITE: http://wellspring.ca/centre-of-innovation/cancer-exercise/ Wellspring Downtown (Yonge and Bloor) TELEPHONE: 416-961-1928 Toll Free: 1-877-499-9904 Wellspring Westerkirk House (Bayview and Eglinton) TELEPHONE: 416-480-4440 Wellspring Halton-Peel (Oakville) TELEPHONE: 905-257-1988 Wellspring Chinguacousy	No

			(Brampton) TELEPHONE: 905-792-6480 Toll Free: 1-877-907-6480	
Taking Charge – Healthy Lifestyle Choices After Breast Cancer (Mount Sinai Hospital)	Participants of the program receive a binder with useful information and logbooks where they can record their dietary and physical activities. They will also receive useful equipment they can use during the program and afterwards including a pedometer, water bottle, exercise band, etc. These costs will be covered by donated funds as part of our Table of Plenty Program.	Women who have finished active treatment (chemo, radiation, surgery) for breast cancer	WEBSITE: http://www.mountsinai.on.ca/care/mkbc/programs-and-classes/taking-charge TELEPHONE: Linda Murcaca at 416-586-4800 ext. 5190 (press 0)	No
Healthy Steps	A healing exercise program held at Toronto General Hospital for all cancer survivors. Helps participants regain range of motion, improve balance, improve swelling caused by lymphedema, improve emotional well-being, promote positive self-image, and help stabilize weight.	-All patients with a cancer diagnosis -Medical clearance is required	ADDRESS: ELLICSR, Basement Toronto General Hospital, Room PMB-130, 585 University Avenue, Toronto, ON. WEBSITE: http://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Patient_Education_Classes/Pages/healthy_steps.aspx TELEPHONE: 416 581 8620	No