

Cancer Well-Fit Program



ROSEVILLE
HEALTH & WELLNESS
CENTER

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The saying that “without your health nothing else matters” took on an entirely new meaning for Marilyn when she was diagnosed



with two primary cancers; ovarian and uterine. The following year involved surgery, six months of chemotherapy and two months of radiation. “At my final appointment I asked the doctor what advice can you give me now?” The answer was

simple yet timeless; exercise, eat right, limit your stress and enjoy life every day.

“The Roseville Health and Wellness Center has been a key ingredient for my recovery, exercise has been fabulous on all levels; peace of mind, sleep enabler, camaraderie, posture and it has restored my energy level. I am doing something that hopefully prevents cancer from recurring; being active, not reactive. —Marilyn”



Marilyn, left, with Christy Woodward,
Registered Dietician and Certified Personal Trainer



Our mission is to educate cancer survivors how to facilitate what may be one of the most powerful tools in the healing process for cancer patients: exercise and well-being. We offer many programs designed specifically for your needs.

Nutrition Counseling

Specialty Strength Training

Group and One-on-One Training

Mind/Body Conditioning

Aquatic Therapy in our heated salt-water pool

Movement Therapy: Pilates, Yoga, Tai Chi

Physical Therapy (as needed)

Cranial Sacral Massage Therapy (as needed)



Attitude is a
little thing
that makes a
big difference.

~Winston Churchill



(916) 677-1200 phone

(916) 677-1204 fax

www.rosevillehwc.com

1650 Lead Hill Boulevard
Roseville California 95661

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