

WE-Can program Referral Form:

Name of Patient

Patient's Phone Number

Date of Birth

☐ Yes, I would like the patient named above to participate in the WE-Can program at the Canada Games Complex. I understand the program involves: exercise training to improve exercise tolerance and stamina, education relating to nutrition and home exercises, and group support.

☐ I would like to be informed of my patient's progress while enrolled in this program. Here is a brief summary of any pertinent medical issues:

Name of Referring Physician

Physician's Signature

Date

*please send this form to the address on back of brochure

How To Register:

To join the WE-Can program, have your oncologist or primary health care provider complete the attached referral form. Send the completed referral form to:

WE-Can

Prevention & Screening Services, Thunder Bay
Regional Health Sciences Centre

980 Oliver Road
Thunder Bay, ON P7B 6V4

Phone: 807.684.7221

Fax: 807.684.5810

Email: wecan@tbh.net

*you will be contacted by program staff to arrange an appointment for an assessment prior to start of the program.

How is the WE-Can Program Funded?

WE-Can is a program made available through the support of community partnerships including Thunder Bay Regional Health Sciences Centre, Lakehead University, Centre for Education & Research on Aging & Health, and City of Thunder Bay. Originally funded through a grant by the Ministry of Health Promotion & Sport, the WE-Can program now relies solely on the generous donations to the Thunder Bay Regional Health Sciences Foundation.

How to donate to the WE-Can Program?

To donate to the WE-Can program, please **call 807.345.HOPE(4673) or visit www.healthsciencesfoundation.ca** and make sure to specify you would like your donation to go to the 'WE-Can program'.

Give individuals living with cancer the opportunity to experience the benefits of exercise and healthy living.

A Wellness and
Exercise Program
for Individuals living
with Cancer





WE-Can Program Overview

WE-Can is a 10 week wellness and exercise program for individuals living with cancer.

The program offers:

- Supervision by certified exercise professionals
- Individualized exercise programs
- Safe, private, small group environment
- Positive social support network with others undergoing similar cancer treatment

WE-Can Program Components

1. Assessment and Individualized Program

Participants referred to the program will undergo a complete medical history and physical fitness assessment. Based on the results of this evaluation, a personalized exercise prescription will be developed for you.

2. Wellness and Exercise Program

The program offers cardio and strength training exercises, as well as group warm up, cool down, and stretching.

3. Educational Group Presentations

The WE-Can program offers sessions on topics such as the importance of physical activity, home-based exercise programs, and nutrition. In addition, a personalized dietary assessment and consultation is available for each participant.

4. Group Support

The program provides a supportive environment where you can share your experiences of cancer and treatment with others. Sharing with others can help reduce anxiety and develop new coping skills.



Who Can Join WE-Can?

The program is offered to patients of the Regional Cancer Care Northwest at Thunder Bay Regional Health Sciences Centre who are in active treatment or up to five years post treatment. A referral from your oncologist or primary care provider is required (please see attached referral form). An assessment will be conducted by program staff to determine your suitability for the program.

Where Does The Program Take Place?

The WE-Can program takes place at the Canada Games Complex, Thunder Bay. You will also be given guidance on activities that you can do at home.

