

Healthy Eating and Active Living (HEAL)

A free program for female cancer survivors

HEAL is a free healthy eating and active living program sponsored by the American Cancer Society through Kohl's Cares. Our winter HEAL program is 8 weeks long and consists of health education, nutrition counseling and exercise classes from an oncology registered dietitian, certified lymphedema occupational therapist and oncology registered nurses/certified cancer exercise specialists.

In-person classes will be held at the New Berlin YMCA. All participants are encouraged to bring a support person.

Who can attend HEAL?

- Female cancer patients between the ages of 19-80 that have been diagnosed with stage I, II, III, or IIII cancer
- Currently undergoing treatment (radiation, hormonal or immunotherapy) or completed within the last five years
- We are unable to accept cancer patients currently undergoing chemotherapy

What will HEAL provide for female cancer patients?

- Personalized exercise programming and nutrition planning
- Ongoing healthy eating and active living support from facilitators throughout the program
- A free 3-month household YMCA membership, free teaching kitchens, rental of Garmin Vivoactive 5 smartwatch and fitness tracker, and more!

Upcoming sessions

Winter 2026

- January 5th, 2026 – February 25th, 2025; Mondays, in person, from 4:30-6:00 pm. and Wednesdays, virtually, from 4:30-5:00pm.

Contact Kayla Kalbacken(Thorne), Cancer Prevention/Wellness and Survivorship Nurse Coordinator, at kayla.thorne@ascension.org or 414-212-5171 if you are interested in participating or scan the QR code to learn more.



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