

Watertown Family YMCA has proudly partnered with the Compassionate Care Foundation to offer this unique program.

### Participants will receive:

- Complimentary YMCA Membership for 3 months including:
  - Equipment demonstration
  - Access to facility and pools
  - 1-on-1 consultation with a YMCA Personal Trainer
- 12 **FREE** off-site 60-minute sessions at partnered medical facilities and practitioner studios
- 12 Care Vouchers (\$75 value each) that can be used to extend your YMCA membership or towards services from any of our providers



### DOWNTOWN YMCA BRANCH

146 Arsenal Street | Watertown, NY 13601

#### YMCA Program Coordinator

Michelle Graham,

Senior Director of Health and Wellness

[mgraham@nnyymca.org](mailto:mgraham@nnyymca.org) | 315.782.3100

### DID YOU KNOW?

Integrative cancer care is a patient-centered, evidence-informed field that utilizes mind and body practices, natural products, and lifestyle modifications alongside traditional or conventional treatments.



Integrative therapies are provided by licensed, vetted practitioners during and post treatment including:

- Massage Therapy
- Acupuncture
- Reiki
- Breathwork
- Yoga for Cancer
- Lymphatic Drainage Massage
- Guided Meditation
- Nutritional Counseling
- Support Groups



# WATERTOWN FAMILY YMCA COMPASSIONATE CARE WELLNESS PROGRAM AT THE Y

### IN PARTNERSHIP WITH



Compassionate  
Care™  
Foundation

IT'S  
FREE

**THE**  
Better With  
*Every Visit*  
**PLACE**



the **Y**  
YMCA

**175** YEAR  
ANNIVERSARY

# COMPASSIONATE CARE WELLNESS PROGRAM AT THE Y

## LOCATION

Downtown Y Community Center

## ELIGIBILITY

- **FREE** to any cancer patient diagnosed in the last 2 years
- Must be at least 18 years old

## ENROLLMENT

Ongoing.

To get started, please reach out to:  
Monica Behan, CCF Founder & CEO  
315.777.7094  
monica@compassionate-care.org

After your initial consultation with Monica at CCF, you will be contacted by Michelle Graham, Senior Director of Health and Wellness, to start your 3-month YMCA membership.



The Compassionate Care Foundation in partnership with Watertown Family YMCA invite you to experience the compassionate support & benefits offered by integrative therapies through the COMPASSIONATE CARE WELLNESS PROGRAM AT THE Y.

Feel better your way  
with personalized care  
and support!

The program is designed to improve your overall well-being by providing alternative therapies in addition to your conventional treatment plan that are tailored to your specific needs.

For questions or to  
get started, please contact:  
Monica Behan, CCF Founder & CEO  
monica@compassionate-care.org  
315.777.7094  
Or visit [www.compassionate-care.org](http://www.compassionate-care.org)

## COMPASSIONATE CARE FOUNDATION

### Program Mission

Our mission is to provide our Northern New York cancer community with access to complimentary, integrative therapies that improve quality of life and the overall cancer care experience.

### Integrative Therapy Sessions

60-minute off-site sessions are offered during and post treatment.

Sessions are scheduled directly with over 40 participating practitioners to guide, help, and support you along the journey to healing.

### Partnered Medical Facilities

- Walker Center for Cancer Care
  - Stephanie Smith, LSW
- Claxton-Hepburn, Richard E. Winter Cancer Center
  - Jennifer Hitsman, LSW
- Carthage Area Hospital Cancer Treatment Center

