

CanHEAL

Cancer Health Empowerment, Assistance, and Learning

A toolkit for cancer care

The Andrew Weil Center for Integrative Medicine has developed an online integrative cancer care toolkit to help those recently diagnosed feel less overwhelmed, learn about approaches to support their treatment and overall wellbeing, and gain access to useful resources.

Receiving a cancer diagnosis is a scary experience, often leading to feeling isolated and demoralized. But cancer patients and their loved ones are not alone and we can help you find some strength and hope.

Explore the **CanHEAL** toolkit for valuable information on:

- Suggestions for working with oncology providers, treatment teams, and navigating cancer care
- Evidence-based recommendations for
 - » lifestyle approaches
 - » emotional and spiritual wellness
 - » complementary therapies
- Resources from reputable organizations with helpful patient education and tips



Visit **CanHEAL**
awcim.arizona.edu/CanHEAL



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