

Survivorship Success Story

WEST CENTRAL GEORGIA CANCER COALITION

July 15, 2022 / Vol 16

We Are Thriving!

The West Central Georgia Cancer Coalition (WCGCC) has persevered in the last two years in the global pandemic -challenging the implementation of programs and services. So did the cancer survivors during the funding year. With the continuation of newly modified activities/approaches to education, support, nutrition, and wellness programs, together with healthcare institutions, and local civic and community organizations, disseminated valuable and relevant information to enhance the ability of over 100 cancer survivors, caregivers, and members of the general population, thriving continuously on their journey.



WEST CENTRAL GEORGIA
CANCER COALITION



Cancer Therapy and Support Groups. In partnership with WellStar, **over 100 participants** were given an opportunity to engage in cancer support groups for therapeutic and emotional healing, develop supportive relationships/networks to assist in sustaining coping mechanisms and technical skills.

Cancer Survivorship Wellness Program.

In collaboration with the YMCA of Metropolitan - Columbus, GA and Insane Fitness, WCGCC offered a priceless and empowering opportunity to **seventeen (17) cancer survivors.**



Nutrition. A vital component to achieving optimal quality of life is healthy eating. WCGCC and WellStar, LaGrange provided nutritional workshops/sessions to strengthen the habitual practice of maintaining a healthy diet.

On National Cancer Survivor's Day, 84 cancer survivors were recognized, honored, and celebrated...."it was great being back in- person."

Challenges

COVID-19 & Safety

The global pandemic continued to restrict large social gatherings and the proximal distance of activities and prompted us to retrain our innermost way of conscious thinking.

Engagment

Over the last two years, the global pandemic has caused challenges for healthcare entities in providing /implementing proposed activities – participants began to experience "virtual space" fatigue. Eventually, this led to a dwindled presence of low motivation from participants to engage in virtual offerings.

Solutions

Creative landscape

There are a few possible solutions to consider in addressing the noted challenges.

1. Provide incentives for participation.
2. Make virtual offerings creatively engaging, useful, and accessible.



"This was a great thing to find out that there was a program out there to help you get back into the world of exercise and help you feel better about your body and make it stronger."

"Being in this program enabled me to get mobility back..."