

VAST  
Wellness  
Center  
Integrative  
Health  
Cancer  
Program  
Through  
Complementary  
Therapy and  
Holistic  
Counseling

VAST Wellness Center  
Integrative Health Cancer Program  
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[www.vastwellnesscenter.com](http://www.vastwellnesscenter.com)

You.  
Only Better.

VAST Wellness Center  
Integrative Health  
Cancer Program

Learning that you have cancer can come as a shock. How did you react? You may have felt numb, frightened, or angry. You may not have believed what the doctor was saying. You may have felt all alone, even if your friends and family were in the same room with you. These feelings are all normal.

For many people, the first few weeks after diagnosis are very hard. After you hear the word "cancer," you may have trouble breathing or listening to what is being said. When you are at home, you may have trouble thinking, eating, or sleeping. People with cancer and those close to them experience a wide range of feelings and emotions.

These feelings can change often and without warning. At times, you may: be angry, afraid, or worried, not really believe that you have cancer, feel out of control and not able to care for yourself, be sad, guilty, or lonely.

We can help you move through the emotional roller coaster and help guide you on your path to healing your body, mind, spirit, and emotions.

Visit [www.vastwellnesscenter.com](http://www.vastwellnesscenter.com) on how to start your road to healing.

## VAST Wellness Center Integrative Health Cancer Program

As a group of Complementary and Traditional Practitioners from the VAST Wellness Center, our objective is to provide each client with an option to experience healing as a "whole body" approach, where every aspect of the client whether it is physical, mental, emotional, or spiritual will be taken into account.

Our group will help guide each client in actively taking a path of learning, understanding, and discovering the healing that takes place in their bodies by treating the "whole person".

Complementary and alternative medicine, commonly known as CAM, focuses on maintaining a healthy lifestyle, treating illness and preventing disease. It embraces a holistic approach to wellness, addressing our physical, emotional, and spiritual needs through a variety of therapies and practices, many of which are centuries old.

Our group has put together discounted packages so you will be able to experience healing with a whole body approach using whole medical systems such as Acupuncture, mind-body medicine with Rubenfeld Synergy and Hypnotherapy, manipulative and body-based practices with Massage, and energy medicine in Reiki in addition to holistic counseling.

Are you ready to start to walk down the path of healing?