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## Coaching offered for breast-cancer survivors

UT program to improve health

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In May, the University of Toledo Center for Health and Successful Living will offer a free, six-month health-coaching program for breast cancer survivors.

“I think it's going to be fantastic,” said Timothy Jordan, Co-Director of the university's Center for Health and Successful Living.

The program, funded by a portion of a \$50,000 grant from Susan G. Komen Northwest Ohio, will pair breast-cancer survivors with health coaches from the university's Rocket Wellness Division, the university's employee wellness program, Dr. Jordan said.

Survivors and coaches will work together for six months in a survivor-led plan. If a survivor's goal is to become healthier in order to play with their grandchildren, for example, health coaches will work with the survivor to improve their fitness and strength, Dr. Jordan said.

“We'll talk about what the survivor wants out of her life, what goals she wants to accomplish, her values, priorities,” he said. “The survivor will really drive the creation of these health goals that coaches will help accomplish.”

The first and last coaching sessions will be in person, Dr. Jordan said.

“Basically, the goal is to improve the cancer survivor’s health, wellness, and quality of life,” Dr. Jordan said.

The program is open to any breast-cancer survivor, not only those who have received treatment from doctors affiliated with the University of Toledo Medical Center, the former Medical College of Ohio.

The program aims to have at least 30 participants.

Those who are interested in the program can sign up by calling 419-530-5199 or emailing **timothy.jordan2@utoledo.edu**.

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