



mondays
at racine
CANCER CARE



Mondays Mission is to provide proven mind-body derived health, beauty and wellness services to women, men and young adults undergoing treatment for any kind of cancer; all 100% free of charge.

SERVICES

- Gentle Head Shaving
- Hair Care & Wig Support
- Cosmetics
- Lash + Brow Application
- Therapeutic Oncology Skincare
- Therapeutic Oncology Massage & Lymphatic Instruction
- Therapeutic Manicures & Pedicures
- Reiki
- Meditation/Breathwork
- Oncology Yoga
- Nutrition Support/Counseling
- Acupuncture

OUR SERVICES CAN HELP...

- Decrease anxiety and increase comfort
- Enhance sleep quality
- Decrease unwanted side effects of treatment
- Reduce recovery time and shorten hospital stays
- Strengthen the immune system and enhance the ability to heal
- Increase sense of control and well-being

CHARTER PROGRAMS

To Find a Mondays Charter Partner Near You Please Visit www.mondaysatracine.org or Scan Here.



"I didn't know just how much I need these services until I received them today. Thank you for teaching me how to meditate, breathe and try to relax — my facial was a special treat. I have been a ball of stress ever since I was diagnosed. But today I feel like my old self again. Thank you!"

—Jane



MEDICAL RELEASE FORM

CHARTER NAME: _____

PATIENT INFORMATION

Patient's Name

Patient's Phone Number

Patient's Address

City/State/Zip

Patient's Email

Patient's Date of Birth

Place of Treatment

The above patient is seeking medical clearance to receive wellness services at the Mondays at Racine programs.

These services are offered to help alleviate unwanted side effects of cancer treatments such as insomnia, muscle spasm, dehydration, hair loss, dry irritated skin, nausea, anxiety, edema, swelling and depression. Only qualified operators will administer these services as deemed appropriate.

Patient must be undergoing treatment for cancer to participate.

SERVICES INCLUDE

- Gentle Head Shaving + Scalp Treatment
- Hair Care & Wig Support
- Cosmetics
- Lash + Brow Application
- Therapeutic Oncology Skincare
- Therapeutic Oncology Massage & Lymphatic Instruction
- Safe Therapeutic Manicures & Pedicures (no cuticle cutting)
- Reiki Energy Work
- Meditation/Breathwork
- Oncology Yoga
- Nutrition Support/Counseling
- Acupuncture

By completing the form below, you are not assuming any responsibility for the administration of Mondays at Racine services.

Mondays at Racine takes client care very seriously. If you are a medical provider and have questions about our program, please email our Program Director Rosemary Berger at rosemary@mondaysatracine.org

If you are a client and have questions or are interested in making an appointment please call **1-888-9MONDAY** or email [**appointments@mondaysatracine.org**](mailto:appointments@mondaysatracine.org).

TO BE COMPLETED BY PHYSICIAN

 Please write legibly and choose one:

- The patient is in treatment for cancer and may participate without restrictions.
- The patient may participate with the exception of the following services _____

Patient Diagnosis

Physician's Name (Please Print)

Physician's Hospital Affiliation

Patient must be undergoing treatment for cancer to participate. If you know of any reason why your patient should not participate, please indicate on this form.

Physician's Signature

Address

City/State/Zip

Contact Number

Contact Email

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