

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books

Title	Library Call Number
Active against cancer	QZ266 B837 2011
Be fit for life	QT255 G189 2010
Exercises for cancer wellness	QZ266 S664 2015
Fight breast cancer with exercise	WP870 V1771 2014
Pilates for breast cancer survivors	WP870 A113 2014
Restorative yoga for breast cancer recovery	WP870 R823 2014
Yoga for cancer	QZ266 P958 2014

### eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

#### Exercise and physical activity

[tinyurl.com/yyb9voh7](http://tinyurl.com/yyb9voh7)

#### Get fit, stay fit

[tinyurl.com/y4mvljnc](http://tinyurl.com/y4mvljnc)

#### Workout to go

[tinyurl.com/yyhfwkxf](http://tinyurl.com/yyhfwkxf)

#### Yoga and breast cancer

[tinyurl.com/y65b92ob](http://tinyurl.com/y65b92ob)

## DVDs

Title	Library Call Number
Healing yoga for cancer	QZ266 H793 2011
Move for life	QT255 M935 2010
Yoga for cancer survivors	QZ201 Y54 2008 v.1-4
Yoga for breast cancer	WP870 H793 2010

## Pamphlets

### BC Cancer Exercise Support Resources

Go to [bccancer.bc.ca/exercise](http://bccancer.bc.ca/exercise) and scroll down to Handouts:

Exercise: During and after breast cancer

Exercise: During and after cancer treatments

Exercise: Maximizing energy & reducing fatigue

### Exercise for people with cancer (Cancer Care Ontario)

[uhn.ca/PatientsFamilies/Health Information/Health Topics/Documents/Exercise for people with cancer.pdf](http://uhn.ca/PatientsFamilies/Health%20Information/Health%20Topics/Documents/Exercise%20for%20people%20with%20cancer.pdf)

### Monthly tips to reduce your risk of cancer (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Monthly%20tips%20to%20reduce%20your%20risk%20of%20cancer/32084-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Monthly%20tips%20to%20reduce%20your%20risk%20of%20cancer/32084-1-NO.pdf)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about exercise and fitness. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library).

**BC Cancer:** [bccancer.bc.ca/exercise](http://bccancer.bc.ca/exercise)

**American Cancer Society:** [cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/physical-activity-and-the-cancer-patient.html](http://cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/physical-activity-and-the-cancer-patient.html)

**Walk BC:** [walkbc.ca](http://walkbc.ca)

Information on how to start a walking program, the benefits of walking and a map of walking routes around B.C.

## Support Programs

This is a list of support programs offered at community organizations and BC Cancer. BC Cancer centres

generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

[bccancer.bc.ca/supportprograms](http://bccancer.bc.ca/supportprograms)

**Physical Activity Services at HealthLink BC:** [healthlinkbc.ca/physical-activity](http://healthlinkbc.ca/physical-activity)

Qualified exercise professionals at HealthLink BC can answer your physical activity and exercise questions.

Call 8-1-1 toll free in BC from 9am to 5pm Monday to Friday and ask for “Physical activity service for cancer.”

## BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### Abbotsford

604.851.4710 x 646825

1.877.547.3777 (toll free)

### Surrey

604.930.2098 x 654576

1.800.523.2885 (toll free)

### Kelowna

250.712.3900 x 686821

1.888.563.7773 (toll free)

### Vancouver

604.675.8001

1.888.675.8001 x 8001

### Prince George

1.888.675.8001 x 8001 (toll free)

### Victoria

250.519.5517

1.800.670.3322 (toll free)