

Live Well with WM

Reduce stress and anxiety

Manage symptoms like
fatigue and peripheral
neuropathy

Support immune system
health



Connect with others who
share your rare diagnosis

Learn the latest integrative
oncological therapies for
your overall well-being



Note: The IWMMF Wellness Program offers complementary or integrative practices to be used in conjunction with standard medical treatment, along with the approval of your doctor.

iwmmf.com

International Waldenstrom's
Macroglobulinemia Foundation

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*We strive to help
you thrive!*


Wellness Program

For Patients and Caregivers

Find Your Own Well-Being

Come as You Are

Because one of the most common symptoms of Waldenstrom's macro-globulinemia (WM) is fatigue, we offer a range of classes that **meet you where you are.**

Our evidence-based practices address the whole person -- not just their disease. With this holistic approach, we strive for better patient outcomes.

*Classes meet on
Zoom throughout
the week!*

Our wellness offerings are tailored to those living with the rare diagnosis of WM, and our patient/caregiver community is involved every step of the way. Some of our instructors are also thriving with WM.

Visit IWMF.com for calendar

Stay Resilient



Chair Yoga
Gentle Mat Yoga
T'ai Chi and Qi
Gong

WaldenStrong

Cardio Flow
Strength and
Fitness Classes



Keep Calm

Yoga Nidra
Sound
Meditations

Empower with Education

Monthly
Wellness
Webinars



*With the IWMF, you
are never alone.*

"For the first time since my diagnosis, I feel strong and hopeful, more like my old self--all thanks to the support of our devoted teachers and beautiful community. With expert and empathetic guidance, we move our bodies, rejuvenate our spirits, and share intimately with each other. This healing experience has been nothing short of a miracle for me. Thank you, IWMF".

-Beth G., Los Angeles



Interested in joining our
wellness community?
Reach out!

email: anngrace@iwmf.com