

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



*We strive to help
you thrive!*



For Patients and Caregivers

iwmf.com

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Macroglobulinemia Foundation
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Find Your Own Well-Being

Come as You Are

Because one of the most common symptoms of Waldenstrom's macroglobulinemia (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 Bath
Mindfulness
Meditation

Empower with Education

Monthly
Wellness
Webinars &
Newsletters



With the IWmf, you are never alone.

"I started doing wellness classes about three months ago, and have found them really helpful for my peripheral neuropathy. I also find they give me a little more pep during the day."

-James M.

"The wellness community has genuinely changed my life. This is LIVING with Waldenstrom's!" -Beth G.

"The Sound Bath makes my fatigue and pain disappear." -Steven W.

"Instead of focusing on what I can't do for my body, I'm learning how much I can do. The difference this program has made in my life at this stage of the game is most unexpected and greatly appreciated." -Judith K.



Interested in joining our wellness community? Reach out!

email: anngace@iwmf.com