

Rebate4U supports Wellspring's Health and Fitness weekend

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Exercise is important for cancer patients, which is why Wellspring Cancer Support Foundation's Camp Manitou Health and Fitness weekend serves as a great event.

In dedication to cancer care advocate, Linda Lewis, the Health and Fitness weekend returns after a seven-year hiatus. Women will enjoy sleepovers in the great outdoors and peaceful yoga surrounded by the calm of nature at Camp Manitou in Parry Sound, Ont., on June 6 to 8.

The weekend's proceeds will go towards the Wellspring Cancer Support Foundation which will go towards the charity's Cancer Exercise and Nourish programs. These programs work towards improving a cancer patient's quality of life through proper recuperation and healthy eating.

You can register for the [2014 Health and Fitness Weekend on their website](#).