

Partners in Survivorship

Living Well After Cancer Treatment

2019 Fall Series

Topics include:

- *Medical Follow up and Long-Term Effects*
- *Physical Activity*
- *Nutrition*
- *The Emotional Experience*
- *Stress Management*
- *Finding Purpose & Meaning*



These classes are designed to help empower you so that you can manage any long-term side effects or emotional stressors. Let us help you establish your “new normal.”

Family and friends are welcome to attend.

Telemedicine and conference calls may be available in your area.

[sur · vi · vor]

to beat the odds, one with great courage and strength, a true inspiration



September 11th – October 16th
Wednesdays; 5:00 to 6:00 pm
Cancer Center 4th Floor; Conference Rm

Registration is required by calling 435-7335.

PATHWAYS

Programs Aimed Toward Healing,
Wellness And Your Survivorship