

cancer transitions

Moving Beyond Treatment

A Program of the Cancer Support Community
and LIVESTRONG™

Cancer Transitions™ is a free 2 hour, six-week workshop designed to help **cancer survivors make the transition from active treatment to post-treatment care**. Each session includes exercise tailored to each participant's abilities. *Cancer Transitions* will **answer many of your questions** about cancer survivorship post-cancer treatment with expert panelists including an oncology nurse navigator, dietitian and physical therapist. The course covers the following topics:

- Session 1: Get Back to Wellness: Take Control of Your Survivorship
- Session 2: Exercise for Wellness: Customized Exercise
with a Physical Therapist
- Session 3: Emotional Health and Well-Being: From Patient to Survivor
- Session 4: Nutrition Beyond Cancer with a Registered Dietitian
- Session 5: Medical Management Beyond Cancer: What You Need to Know
with a Cancer Nurse Navigator
- Session 6: Moving Beyond Treatment: Next Steps Towards Survivorship

Date: Tuesdays, Beginning May 7, 2019 (meets for 6 weeks)

Time: 5:30 to 7:30 p.m.

Location: Gilda's Club Quad Cities
1234 E. River Drive
Davenport, IA 52803

Please note: You must be out of treatment, and a signed program waiver reviewed by your physician is required for participation.

For more details and registration, call Anita at (563)326-7504 or email Anita@gildasclubqc.org

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