

cancer transitions

Moving Beyond Treatment®

A Program of the Cancer Support Community
and LIVESTRONG

Beginning in January, the 6 week Cancer Transitions post-treatment survivorship program will be back after a very successful launch this past year. This program will run for 6 consecutive weeks, every Wednesday starting on January 16, 2019 from 10:00 a.m.-12:30 pm.

More about the program: Cancer Transitions® is a free 2½-hour, six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists including a therapist, dietician, oncology nurse and fitness expert, will discuss **exercise** tailored to each participant's abilities, training in relaxation and **stress management** and tips for **nutritious eating**. Cancer Transitions will answer many of your questions about cancer survivorship after cancer treatment. The course covers the following topics:

Session 1: Get Back to Wellness: Take Control of Your Survivorship
Session 2: Exercise for Wellness: Customized Exercise
Session 3: Emotional Health and Well-Being: From Patient to Survivor
Session 4: Nutrition Beyond Cancer
Session 5: Medical Management Beyond Cancer: What You Need to Know
Session 6: Life Beyond Cancer

If you are within 2 years of treatment and interested or know someone who might be interested in joining us, please contact Liz Femminineo, LPC, NCC by email at lfemminineo@gildasclubdetroit.org or by phone at 248-577-0800 ext.32.

Hear what participants from our first Cancer Transitions Program had to say about their experience.

"This program has prepared me to live a much happier and healthier post-treatment life!"

"The program is invaluable and works... DO IT!"

"The presentations on exercise and nutrition were the most helpful because I really needed to rebuild my body after the surgeries and chemo."

"This program has made a huge positive impact on my recovery. I have faith and hope that my future is brighter than I ever thought it could be."

"I will survive and thrive while doing it."



THANK YOU TO OUR PROGRAM SPONSOR

