NEW WORKSHOP SERIES
Thriving after Cancer

Cancer survivors and their loved ones are invited to join us for these informative and interactive sessions, designed to support you in all aspects of wellness.

**WORKSHOP 1: Nutritional Wellness**
First Monday of each month (June 3, July 1, August 5)

- Prevention strategies
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**
Second Monday of each month (June 10, July 8, August 12)

- Implementing a healthy lifestyle
- Managing lingering treatment side effects
- Integrative medicine

**WORKSHOP 3: Emotional Wellness**
Third Monday of each month (June 17, July 15, August 19)

- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns

**WORKSHOP 4: Financial Wellness**
Fourth Monday of each month (June 24, July 22, August 26)

- Workplace challenges and rights
- Getting your house in order
- Assistance programs
- Follow-up survivor care

All workshops are on Mondays from 6 – 8 pm
Community Cancer Center North | Community Room | 7979 N. Shadeland Ave, Indianapolis

REGISTRATION NOT REQUIRED. LIGHT REFRESHMENTS WILL BE SERVED.

Visit eCommunity.com/survivorship or call 317.621.4961 for more information.