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)

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

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

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

- Prevention strategies
- Nutrition labeling
- Menu planning
- Implementing a healthy lifestyle
- Managing lingering treatment side effects
- Integrative medicine
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns
- 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.
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 (September 9, October 7, November 4)
- Cancer protective nutrition
- Nutrition labeling
- Menu planning
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

**WORKSHOP 2: Physical Wellness**  
Second Monday of each month (September 16, October 14, November 11)
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns

**WORKSHOP 3: Emotional Wellness**  
Third Monday of each month (September 23, October 21, November 18)
- Workplace challenges and rights
- Getting your house in order
- Assistance programs

**WORKSHOP 4: Financial Wellness**  
Fourth Monday of each month (September 30, October 28, November 25)
- Workplace challenges and rights
- Getting your house in order
- Assistance programs

All workshops are on Mondays from 6 – 8 pm. | Registration not required.

Sessions repeat monthly. Attend the location that best suits your schedule.

**Community Hospital East**  |  Sharp Meeting Center  |  1500 N Ritter Ave, Indianapolis

**Community Cancer Center South**  |  Community Room  |  1440 E County Line Rd, Indianapolis

**Community Cancer Center North**  |  Community Room  |  7979 N. Shadeland Ave, Indianapolis

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