Thriving after Cancer
JUNE 2020 WORKSHOP SERIES
Community Cancer Center South

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. View our survivorship website monthly for location, dates and featured presentation of the month.

WORKSHOP 1: Nutritional Wellness
Monday, June 1 | Community Cancer Center South
- 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
Monday, June 8 | Community Cancer Center South
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

WORKSHOP 3: Emotional Wellness
Monday, June 15 | Community Cancer Center South

WORKSHOP 4: Featured Presentation
It’s All in the Genes: Genetics 101
Monday, June 22 | Community Cancer Center South

All workshops are on Mondays from 6 – 8 pm
Registration not required | Series location varies each month

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

Up next: July workshop series held at Community Cancer North

Visit eCommunity.com/survivorship or call 317.621.4961 for more information.
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**WORKSHOP 1: Nutritional Wellness**  
Monday, August 3  |  Community Cancer Center South
- Cancer protective nutrition
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**  
Monday, August 10  |  Community Cancer Center South
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

**WORKSHOP 3: Emotional Wellness**  
Monday, August 17  |  Community Cancer Center South
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns

**WORKSHOP 4: Featured Presentation**  
*Fear of Recurrence*  
Monday, August 24  |  Community Cancer Center South
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine
- Coping with fear of recurrence
- Body image and intimacy concerns

All workshops are on Mondays from 6 – 8 pm  
Registration not required  |  Series location varies each month

**Up next:** September workshop series held at Community Cancer East

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**WORKSHOP 1: Nutritional Wellness**  
Monday, December 7 | Community Cancer Center South

- Cancer protective nutrition
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**  
Monday, December 14 | Community Cancer Center South

- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

**WORKSHOP 3: Emotional Wellness**  
Monday, December 21 | Community Cancer Center South

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

**WORKSHOP 4: Featured Presentation**  
*Sexuality and Intimacy Post-Treatment*  
Monday, December 28 | Community Cancer Center South

All workshops are on Mondays from 6 – 8 pm  
Registration not required | Series location varies each month