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, May 4 | Community Cancer Center East
- Cancer protective nutrition
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**
Monday, May 11 | Community Cancer Center East
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

**WORKSHOP 3: Emotional Wellness**
Monday, May 18 | Community Cancer Center East
- Stress management strategies
- 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

| Community Hospital East | Fourth Floor Conference Room, Suite 420 | 1400 N. Ritter Ave, Indianapolis |

**Up next:** June workshop series held at Community Cancer South

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

**WORKSHOP 2: Physical Wellness**
Monday, June 8 | 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, June 15 | Community Cancer Center South
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns

**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.
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, July 6 | Community Cancer Center North
- Cancer protective nutrition
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**  
Monday, July 13 | Community Cancer Center North
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

**WORKSHOP 3: Emotional Wellness**  
Monday, July 20 | Community Cancer Center North
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns

**WORKSHOP 4: Featured Presentation**  
*Fear of Recurrence*  
Monday, July 27 | Community Cancer Center North
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

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

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

**Up next:** August workshop series held at Community Cancer South

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

**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

Up next: September workshop series held at Community Cancer East

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

**WORKSHOP 1: Nutritional Wellness**
Monday, September 14 | Community Cancer Center East
- Cancer protective nutrition
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**
Monday, September 21 | Community Cancer Center East
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

**WORKSHOP 3: Emotional Wellness**
Monday, September 28 | Community Cancer Center East
- Stress management strategies
- 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

| Community Hospital East | Fourth Floor Conference Room, Suite 420 | 1400 N. Ritter Ave, Indianapolis |

**Up next:** October workshop series held at Community Cancer North

Visit eCommunity.com/survivorship or call 317.621.4961 for more information.
Thriving after Cancer
OCTOBER 2020 WORKSHOP SERIES

Community Cancer Center North

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, October 5 | Community Cancer Center North
- Cancer protective nutrition
- Nutrition labeling
- Menu planning

WORKSHOP 2: Physical Wellness
Monday, October 12 | Community Cancer Center North
- Implementing a healthy lifestyle
- Managing lingering treatment side effects and importance of follow-up care
- Integrative medicine

WORKSHOP 3: Emotional Wellness
Monday, October 19 | Community Cancer Center North
- Stress management strategies
- Coping with fear of recurrence
- Body image and intimacy concerns

WORKSHOP 4: Featured Presentation
Sexuality and Intimacy Post-Treatment
Monday, October 26 | Community Cancer Center North

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

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

Up next: November workshop series held at Community Cancer East

Visit eCommunity.com/survivorship or call 317.621.4961 for more information.
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**WORKSHOP 1: Nutritional Wellness**
Monday, November 2 | Community Cancer Center East

- Cancer protective nutrition
- Nutrition labeling
- Menu planning

**WORKSHOP 2: Physical Wellness**
Monday, November 9 | Community Cancer Center East

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

**WORKSHOP 3: Emotional Wellness**
Monday, November 16 | Community Cancer Center East

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

**WORKSHOP 4: Featured Presentation**
*Sexuality and Intimacy Post-Treatment*
Monday, November 23 | Community Cancer Center East

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

| Community Hospital East | Fourth Floor Conference Room, Suite 420 | 1400 N. Ritter Ave, Indianapolis |

**Up next:** December workshop series held at Community Cancer South

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

**WORKSHOP 1: Nutritional Wellness**  
Monday, December 7 | 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  
- 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  
- Stress management strategies  
- Coping with fear of recurrence  
- Body image and intimacy concerns

**WORKSHOP 2: Physical Wellness**  
Monday, December 14 | 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  
- Stress management strategies  
- Coping with fear of recurrence  
- Body image and intimacy concerns

**WORKSHOP 3: Emotional Wellness**  
Monday, December 21 | 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  
- 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  
- Cancer protective nutrition  
- Nutrition labeling  
- Menu planning  
- Implementing a healthy lifestyle  
- Managing lingering treatment side effects and importance of follow-up care  
- Integrative medicine  
- Stress management strategies  
- 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