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

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<tr>
<th>Community Hospital East</th>
<th>Fourth Floor Conference Room, Suite 420</th>
<th>1400 N. Ritter Ave, Indianapolis</th>
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**Up next:** June 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, 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.
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, 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.