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
- 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

**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.
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
- 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: November workshop series held at Community Cancer East

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