



Cancer Transitions: Moving Beyond Treatment

**NEW
PROGRAM
BEGINS
MAY
2013**

Cancer Transitions™ is a free 2½-hour, six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists including physicians, nutritionists and fitness experts will discuss exercise tailored to each participant’s abilities, training in relaxation and stress management and tips for nutritious eating. Cancer Transitions will answer many of your questions about cancer survivorship post-cancer treatment. The course covers the following topics:

- Session 1, May 15: Get Back to Wellness: Take Control of Your Survivorship
- Session 2, May 22: Exercise for Wellness: Customized Exercise
- Session 3, May 29: Emotional Health and Well-Being: From Patient to Survivor
- Session 4, June 5: Nutrition Beyond Cancer
- Session 5, June 12: Medical Management Beyond Cancer: What You Need to Know
- Session 6, June 19: Life Beyond Cancer

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TIME: **Wednesdays, 4:30pm-7:00pm**

LOCATION: **Massachusetts General Hospital Cancer Center
Blum Cancer Resource Room, Yawkey 8C**

For details and registration, contact:
Paula Gauthier, LICSW at 617-643-1784
or visit the Maxwell V. Blum Cancer Resource Room
Yawkey Center, 8th Floor, Room 8C