

cancer transitions

Moving Beyond Treatment

A Program of the Cancer Support Community
and LIVESTRONG™

Cancer Transitions™ is a free six-session (3 weeks) 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: Get Back to Wellness: Take Control of Your Survivorship
- Session 2: Exercise for Wellness: Customized Exercise
- Session 3: Emotional Health and Well-Being: From Patient to Survivor
- Session 4: Nutrition beyond Cancer
- Session 5: Medical Management Beyond Cancer: What You Need to Know
- Session 6: Life beyond Cancer

Dates: Tuesdays and Thursdays, July 12 to 28

Time: 9 to 11AM

Location: UW Health @ The American Center

4602 Eastpark Blvd,

Madison, WI 53718



In partnership:

*There is a short interview and required medical release form that needs to be signed by your physician.
Please be sure to register early.*

**For more details and registration, call Kirsten Norslien
at (608) 828-8880 or visit gildasclubmadison.org**