



“Life can feel **so different** after cancer diagnosis”

CANCER TRANSITIONS

MOVING BEYOND TREATMENT

It is quite common to feel a wide range of emotions once treatment ends.

This post-treatment phase of survivorship requires many things - physical activity, nutrition, a healthy emotional life, and management of any health concerns that may arise.

You can **improve** your **quality of life** by addressing these in *an active way*.

Cancer Transitions® is a free, 90-minute, four-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care.

Session 1 - Thursday, May 2: Get Back to Wellness: Take Control of Your Survivorship

Session 2 - Thursday, May 9: Emotional Health

Session 3 - Thursday, May 16: Eating Well and Staying Active

Session 4 - Thursday, May 23: Medical Management Beyond Cancer: What You Need to Know

Four-Week Program Begins Thursday, May 2 11:00am - 12:30pm

Register in advance for this virtual program with Lauren Walch at lauren@cscatlanta.org.



AFFILIATED WITH  **NORTHSIDE HOSPITAL
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