



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 - Wednesday, February 7:** Get Back to Wellness: Take Control of Your Survivorship
Session 2 - Wednesday, February 14: Emotional Health
Session 3 - Wednesday, February 21: Eating Well and Staying Active
Session 4 - Wednesday, February 28: Medical Management Beyond Cancer: What You Need to Know

Four-Week Program Begins Wednesday, February 7 6:00pm - 7:30pm

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

