



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

# CANCER TRANSITIONS

MOVING BEYOND TREATMENT

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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 4:** Get Back to Wellness: Take Control of Your Survivorship

**Session 2 - Thursday, May 11:** Emotional Health

**Session 3 - Thursday, May 18:** Eating Well and Staying Active

**Session 4 - Thursday, May 25:** Medical Management Beyond Cancer: What You Need to Know.

## Four-Week Program Begins Thursday, May 4 10:30am - 12:00pm

Register in advance for this virtual program with Lauren Walch at [lauren@cscatlanta.org](mailto:lauren@cscatlanta.org).



AFFILIATED WITH  **NORTHSIDE HOSPITAL  
CANCER INSTITUTE**

