

Cancer *Transitions* Program[©]



2013

6-week series – Tuesdays

Sept. 10 - Oct. 15

Follow-up class, Nov. 12

6-8:30 p.m.

Providence St. Peter Hospital

Funded by a LIVESTRONG grant, this free six-week series is for people who are in the transitional period after completing cancer treatment. The program will feature support groups, education and individualized exercise, and address nutrition, medical management and quality of life issues. Receive practical tools and resources to create a personal action plan for survivorship. Thanks to a partnership with South Sound YMCA, facilitators trained to work with cancer patients will direct the exercise segment.

For more information, email Cobie Whitten at cobwhitten@yahoo.com.

To register, call 360.789.7576.

www.provcancer.org

 **PROVIDENCE**
Regional Cancer System