



SURVIVORSHIP 101

May 7 to July 2

Wednesdays, 6:00 to 7:30 p.m. (Central Time)

via Zoom

Let us help you adjust to your “new normal” with a specially trained facilitator while you connect with the only people who can truly understand your journey, other cancer survivors and their caregivers.

This 9-week course provides practical guidance for your next steps, including research-based advice on topics like nutrition, exercise, intimacy, and reducing anxiety

**LIMITED SPOTS
AVAILABLE
REGISTER
TODAY!**



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