



WHAT'S “NORMAL” AFTER CANCER

**CREATE YOUR BEST LIFE WEBINAR
SATURDAY, APRIL 25 AT 10:00 A.M. (CT) VIA ZOOM**

Cancer treatment can change you – inside and out. In this session, you will reflect on how you see yourself, how others may see you, and what your “best self” looks like today. We will gently acknowledge grief, celebrate personal strengths, and begin shaping a new “normal” that honors both the past and the present, planting seeds for growth, connection, and gratitude in this next chapter of your life.

REGISTER TODAY!
www.atth.org/bestlife/

