A TIME TO HEAL
CANCER FOUNDATION

SURVIVORSHIP 101

IN PERSON

JUNE 9 - AUGUST 8 AT 1:00 PM
NEAR 90TH AND DODGE, OMAHA

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. Join us virtually or in-person to ask questions and share your experiences.

Research shows that attending Survivorship 101 reduces depression and anxiety, while increasing hope, resilience, quality of life and happiness. The only investment you need to make is your time – classes are completely FREE and include a 375-page survivorship book for you to reference in the months and years to come.



SCAN ME

www.atimetohealfoundation.org