

# cancer transitions

## Moving Beyond Treatment

A Program of The Wellness Community  
and the Lance Armstrong Foundation

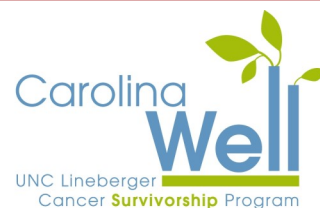
- Session 1 March 01: Get Back to Wellness**
- Session 2 March 08: Exercise for Wellness**
- Session 3 March 15: Emotional Health and Well-Being**
- Session 4 March 22: Nutrition Beyond Cancer**
- Session 5 March 29: Medical Management Beyond  
Cancer**
- Session 6 April 05 : Life Beyond Cancer**

***Cancer Transitions* is a free 2 hour, six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care.\* Expert panelists including physicians, nutritionists and fitness experts will discuss exercise tailored to each participant's abilities, training in relaxation and stress management and tips for nutritious eating.**

*\*The program is designed for persons who have finished treatment within the last 2 years.*

***SPACE IS LIMITED, SO PLEASE SIGN-UP QUICKLY!***

For registration and more details, call (336) 230-7312 or  
Email [Neda.Padilla@mosescone.com](mailto:Neda.Padilla@mosescone.com)



A Member of the LIVESTRONG Survivorship Center of Excellence Network  
Made possible by the V Foundation and the Lance Armstrong Foundation