

# Thriving After Cancer

## Educational Classes to Help You Nurture Mind, Body, and Spirit



Please ask your nurse, provider or social worker for more details.

No registration necessary, and you are welcome to bring your friends and family.

For patients who have completed treatment or are on the continuum of ongoing treatment.

The end of cancer treatment can be an exciting time; but it can also leave you worried about how you will return to “normal” or wondering “What’s next?” To help support your transition from active treatment to maintenance and follow-up care, your Kaiser Permanente oncology team offers educational classes about everyday subjects that will help you get back to thriving.

Taught by our social workers, physicians, dietitians, and nurses, the classes are from 3 to 4 p.m., the first Tuesday of the month, at the Lone Tree Medical Offices, 10240 Park Meadows Drive, in the Prairie Sky Conference Room, on the 5th floor.

### 2019 topics include

<b>Mindfulness</b>	June 4
<b>Nutrition</b>	July 2
<b>Spirit</b> (Meditation, Relaxation Techniques)	August 6
<b>Body</b> (Sex After Cancer)	September 3
<b>Body</b> (Pain After Cancer)	October 1
<b>Body</b> (Physical Activity After Cancer)	November 5

We hope to see you there!