



CANCER TRANSITIONS

MOVING BEYOND TREATMENT

It is common to feel many emotions once treatment ends. The post-treatment phase of survivorship requires many things - physical activity, nutrition, a healthy emotional life, and management of any health conditions that may arise.

Cancer Transitions® is a free, 90-minute, 4-week workshop designed to help cancer survivors transition from active treatment to post-treatment care.

- Session 1:** Get Back to Wellness Virtual
- Session 2:** Emotional Health Virtual
- Session 3:** Eating Well and Staying Active Virtual
- Session 4:** Medical Management Beyond Cancer Virtual

Location: Virtual (Zoom)

For more details and registration, call 713.242.2848

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