

Renewing the BODY, MIND, and SPIRIT After Cancer Treatment



After completing the intense experience of cancer treatment, patients are often left asking, "What's Next?"

This FREE lunch-n-learn series focuses on providing the education and support survivors need to renew the body, mind, and spirit after treatment.

Sessions are held monthly. Lunch will be provided and the cost is FREE. Friends and family members are welcome to attend.

Time

11:45 am – 1:00 pm

Location

1100 South Eliseo Drive
Community Classroom, Suite 4
Greenbrae, CA



RSVP

1-415-925-7688
or email wellness@maringeneral.org

2017 Schedule

Monday, September 25

The Emotional Roller Coaster of Cancer: How to Help You and Your Family Cope Best

Facilitator: Sandy Schindler, LCSW

Tuesday, October 31

Intimacy and Passion in the Presence of Cancer (Women Only)

Facilitators: Claudia Six, PhD & Shondra Nelson, RN, MSN

Tuesday, November 21

Nutrition Myths: Separating Fact from Fiction

Facilitators: Pamela Riggs, MS, RDN & Jeannine Vitali-Schulz, RDN, CSO

Tuesday, December 19

Expressive Arts for Self-Care: Releasing the Old and Inviting the New

Facilitator: Astrid Mackwitz, MA