

# cancer transitions

## Moving Beyond Treatment

A Program of The Wellness Community  
and the Lance Armstrong Foundation

Take part in this free six week series for people with ALL types of cancer diagnoses who have completed active treatment 1 month to 2 years ago and currently have no evidence of disease. The program addresses exercise, nutrition, emotional health and medical management after cancer treatment ends.

Guest speakers will include a nurse, nutritionist and fitness expert who will offer exercise tailored to each participant's abilities, training in relaxation, and stress management as well as tips for nutritious eating.

**Cancer Transitions will answer many of your questions** about cancer survivorship after treatment ends. The course covers the following topics:

- ***Get Back to Wellness: Take Control of Your Survivorship***
- ***Exercise for Wellness: Customized Exercise***
- ***Emotional Health and Well-Being: From Patient to Survivor***
- ***Nutrition Beyond Cancer***
- ***Medical Management Beyond Cancer: What You Need to Know***
- ***Life Beyond Cancer***

This program is open to any cancer survivor who has completed their active treatment between one month and two years ago and has no evidence of disease.

**Date:** Tuesday evenings, January 11-February 15, 2011

**Time:** 6:00-8:30 PM

**Location:** Hunterdon Regional Cancer Center  
2100 Wescott Drive, Flemington, NJ

*For more details and registration, call 908-658-5400  
or visit [www.thewellnesscommunity.org/cnj](http://www.thewellnesscommunity.org/cnj).*