



EMPOWER YOUR JOURNEY

Education, support and encouragement for cancer survivors.

Saint Mary's Center for Cancer's Empower Your Journey is a free program helping individuals regain their physical, emotional and spiritual health in a supportive and collaborative environment. Sessions are open to all cancer patients and are led by a team of physicians, certified oncology nurses, research nurses and social workers.

SESSIONS INCLUDE:

Classes take place at Saint Mary's Center for Cancer Suite 120 at the Center for Health - 645 N. Arlington Ave., Reno, NV 89503

SYMPTOM AND SIDE EFFECT MANAGEMENT

February 8 @ 4:30 p.m. - 6 p.m

Do you need support with symptom and side-effect management? This collaborative session is designed to equip cancer survivors with expert tools and techniques aimed at preventing and relieving symptoms and side-effects that arise during cancer treatment and recovery. Participants will have the chance to consult with an Oncology nurse and cancer survivor, Lymphedema Specialist, Occupational and Physical Therapists and a licensed Acupuncturist. Come learn how to holistically manage your symptoms in this interactive session.

*Session also includes giveaways.

PHYSICAL HEALTH AND WELLNESS

March 8 @ 4:30 p.m. - 6 p.m

This session will focus on the important role that physical health plays in cancer recovery and disease prevention. Participants will have the opportunity to discuss possible barriers they face with physical activity since being diagnosed and will learn motivating tips and techniques to rebuild their overall wellness. Activities include a review of simple exercise techniques, an interactive chair yoga session and other collaborative workshops with Saint Mary's oncology and fitness experts.

NUTRITION AND YOUR DIET

April 12 @ 4:30 p.m. - 6 p.m

Nourishing one's body is essential to improving the way we feel, look and function. This session encourages participants to take charge of their nutritional choices to feel prepared and knowledgeable about how food can contribute to overall wellness, especially during recovery. Dietary experts will share tips on reading food labels, portioning one's plate and will be sharing some simple and healthy recipes to try at home.

SPIRITUAL AND MENTAL WELLNESS

May 10 @ 4:30 p.m. - 6 p.m

Throughout one's cancer journey, it's important to focus not only on healing the body, but also the mind. This session will outline valuable skills and unique approaches to help those who have faced or are facing cancer make constructive changes to find inner peace and mental well-being. Participants will have the opportunity to openly discuss and interact with experts from the Saint Mary's Cancer Center about the role relaxation and spirituality play in cancer survivorship.



**Saint Mary's Regional
Medical Center**

For more information and to register call 775.770.7414 or register online at www.saintmarysreno.com. Click on Classes and Events to register.

If you cannot attend this series, another series will begin in August 2017.