



Survivorship Series

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?” Our FREE virtual education series focuses on providing the support survivors need to renew the body, mind, and spirit after cancer treatment.

Friends and family members are welcome to attend.

Optimizing Nutrition During Cancer Treatment and Beyond

Wednesday, June 7, 2023 | 11:30 am – 12:30 pm

Login: www.mymarinhealth.org/survivorship1

Wednesday, October 25, 2023 | 11:30 am – 12:30 pm

Login: www.mymarinhealth.org/survivorship1

Managing the Emotional Rollercoaster

Wednesday, July 12, 2023 | 11:30 am – 12:30 pm

Login: www.mymarinhealth.org/survivorship2

Wednesday, October 18, 2023 | 11:30 am – 12:30 pm

Login: www.mymarinhealth.org/survivorship3

Reduce Stress and Enhance Relaxation with Acupressure, Guided Meditation, and more!

Wednesday, June 28, 2023 | 11:30 am – 12:30 pm

Login: www.mymarinhealth.org/survivorship1

Wednesday, November 1, 2023 | 11:30 am – 12:30 pm

Login: www.mymarinhealth.org/survivorship1

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