

# 2024 Cancer 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?" June is National Cancer Survivorship month, and MarinHealth's Integrative Wellness Center is celebrating with a series of FREE in-person educational lunch-n-learn events.

## **The Emotional Roller Coaster of Cancer**

Wednesday, June 5 | Led by Lauren Brenner, LCSW

## **Male Sexuality After Cancer Treatment**

Thursday, June 13 | Led by Dr. Robert Chan

## **Essentials of a Healthy Diet - Putting Principles into Practice After Cancer Treatment**

Tuesday, June 19 | Led by Pam Riggs, RDN

## **Building Health with Acupressure, Meditation, and Qigong**

Thursday, June 26 | Led by Corliss Chan

\*Meet at Hal Brown Park\*

### **When**

Each session will be held from 12:00 - 1:00 pm at 1350 South Eliseo Drive in our Health Resource Center, and light refreshments will be provided.

### **RSVP**

Space is limited and RSVP's are required. To RSVP, please e-mail [iwc@mymarinhealth.org](mailto:iwc@mymarinhealth.org) or call 628-336-7689.



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