

# Better Living for Cancer Survivors

## *A 4-Week Workshop for Optimizing Health and Wellness*



The Wellness Wheel is based on Duke Integrative Medicine's Wheel of Health

The ***Better Living for Cancer Survivors*** workshop series is a supportive and educational group experience designed to help former cancer patients learn how to make lifestyle changes that optimizes health and well-being. At the end of the 4-week program, participants are able to:

- Better adjust to the effects of cancer treatment
- Focus on improving health through lifestyle change
- Increase self-awareness that enriches life's experiences
- Learn or refine skills to maximize mind, body and spirit
- Live everyday to the fullest

The format for the ***Better Living for Cancer Survivors*** workshop series follows the Duke University Integrative Medicine model for improving health and wellness. The goal of the workshop is to help cancer survivors learn to make better lifestyle choices so as to optimize their health and overall well-being.

Contact Robert Gardner, Ph.D. at **504-897-8678** to register for an upcoming ***Better Living for Cancer Survivors*** workshop.