

Living a Better Life Beyond Cancer

A Monthly Educational Support Group for Survivors



Attending a support group is a great way to receive support from others who are going through a similar experience. It's also a way to give support to others. If you are nearing the end of your cancer treatment, recently completed treatment, or finished treatment some time ago, please consider attending the Living a Better Life Beyond Cancer support group. It's an opportunity for you to receive the information, encouragement, and support you need to learn to live beyond cancer.

2015 Meeting Dates and Topics



January 22	Self-Care Strategies for Improving Your Health
February 26	Follow-up Care and Screenings to Maintain Good Health
March 19	Meditation: Using the Power of the Mind
April 23	Nutrition Beyond Cancer: Eat Well to Live Well
May 21	Staying Fit: Making Changes to Overcome Fatigue
June 18	Creative Writing: Journaling for Better Health
July 23	Body Image: Adjusting to Changes in Appearance
August 20	Relaxation Techniques to Promote Inner Peace
September 17	Addressing Intimacy and Sexual Health
October 22	Medication Management, Hormone Therapy and Other Topics
November 19	Artistic Expression: Using Music and Art to Promote Healing
December 17	How to Better Cope with Stress

NOTE: All meetings will take place from 12 to 1 p.m. in the Foucher Room on the 2nd floor at Touro Infirmary.

Registration is required. To register, call (504) 897-8678 or register online at www.touro.com/events.

A healthy lunch is provided. Park in the Prytania or Delechaise garages and your parking will be validated.