



# SAINT JOSEPH'S

Cancer Survivor's Network



We hope you will join us for our 2011 Lunch & Learn programs beginning in January.

## 10 Dates

January 21  
February 18  
April 15  
May 20  
June 17  
July 15  
August 19  
September 16  
October 21  
November 18

## Embrace Your Survivorship

Things You Can Do Before, During & After Treatment

## 10 Topics

(Please note the dates & times for these topics will be announced at a later date)

Survivorship: A New Way of Being  
Therapeutic Harpist  
How to Live in the Present  
Art Therapy  
Meditation  
Food & Nutrition  
I'm Going Somewhere: Plans for the Future  
Supplements  
Exercise for Cancer Survivors  
Sleep: Tools to Assist in Getting Restorative Sleep