

Cancer Education Wellness Series Schedule 2020

Dates

Topics

January 22nd

Advance Care Planning

February 26th

The Wisdom of Gentle Yoga for Self-Care

March 25th

Mindfulness Tools for Coping with Cancer

April 22nd

Strategies and Recommendations for
Stress Management

May 27th

Give It Forward: An Innovative Approach
to Legacy

June 24th

Holistic and Integrative Medicine in
Cancer Care

July 22nd

Medical Marijuana

August 26th

Sleeping Better to Improve Health

September 23rd

Caring for yourself through Art

October 28th

Managing Fatigue through Rhythm

November 11th

Utilizing Spirituality to Maintain Balance in
Your Life

December 9th

The Benefits of Pet Therapy:
Featuring a Couple Furry Friends