



Cancer Survivorship Programs 2019

Cancer Survivorship Workshop Series

This six-week survivorship workshop is for people who have completed active treatment and are interested in processing the emotional impact of their cancer experience. The approach is realistic, honest, and insightful. Participants must be available for all sessions. Please register two weeks before the first meeting of series.

Tuesdays, January 29 – March 5, from 11:00 am to 1:00 pm at Cancer CAREpoint Resource Center

Mind-Body Skills Series with Dr. Cynthia McDonald

Dr. Cynthia McDonald presents a four-part series of mind-body skills classes for cancer survivors. Please plan to attend all four classes and register two weeks before the first meeting of the series.

Thursdays, March 7 – 28, from 2:00 to 4:00 at Cancer CAREpoint Resource Center

Survivorship: Eating for Health Series with Nancy Birang B.S., MT (ASCP), N.C.

This four-part nutrition series is for cancer survivors. The series provides food information and tips on eating for health. Please plan to attend all four classes and register two weeks before the first meeting of the series.

Tuesdays, January 8 - 29, from 6:30-8:00pm at Cancer CAREpoint Resource Center

Space is limited and advanced registration required. Programs are free of charge.

Cancer CAREpoint Resource Center is located at 2505 Samaritan Drive, Suite 402, San Jose, 95124

To register, please contact Sheryl Brown at (408) 402-6612 or sheryl@cancercarepoint.org

www.cancercarepoint.org