

## Cancer Transitions – Moving Beyond Treatment

Written by Erin Williams  
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A Program of the Cancer Support Community and LIVESTRONG™

Davenport, Iowa (July 2013) - Gilda's Club and UnityPoint Health - Trinity Cancer Center are partnering to offer Cancer Transitions™. Cancer Transitions is a free 2 hour, six-week workshop designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists including an oncology nurse navigator, nutritionist and physical therapist; will discuss exercise tailored to each participant's abilities, training in relaxation and stress management and tips for nutritious eating. Cancer Transitions will answer many of your questions about cancer survivorship post-cancer treatments.

The workshop begins Tuesday, September 17th (meets for 6 weeks) from 1:30p.m. – 3:30 p.m. at UnityPoint Health – Trinity Cancer Center Conference Room 500 John Deere Road, Moline. For more details and registration, contact Melissa at (563)-326-7504 or by email at [melissa@gildasclubqc.org](mailto:melissa@gildasclubqc.org)