

## Cancer Transitions – Moving Beyond Treatment

Written by Erin Williams

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A Program of the Cancer Support Community and LIVESTRONG™

Davenport, Iowa (February 2014) - Gilda's Club will be offering Cancer Transitions™ in four locations. 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 treatment.

Dates and Locations:

March 20th in Muscatine at Muscatine Community Y, Thursdays from 1-3 p.m.

March 25th in Moline (Location TBD) Tuesdays from 1:30-3:30 p.m.

March 26th in Davenport at Gilda's Club , Wednesdays from 2:30-4:30

April 3rd in Geneseo at Hammond Henry Hospital, Thursdays from 6-8 p.m.

For more details and registration, contact Melissa at (563)-326-7504 or toll free at (877)-926-7504 or by email at [melissa@gildasclubqc.org](mailto:melissa@gildasclubqc.org)