



TREATMENT OVER?

***Want a Jumpstart into Addressing Challenges as a New Breast Cancer Survivor?
Next Workshop - Thurs, Feb 18, 2016 at the Ourisman Breast Center***

Special Topic: Nutrition and Breast Cancer

You are invited to attend MedStar Georgetown University Hospital's Transition to Survivorship Workshop designed as a toolkit to assist you in the important transition from treatment to life as a survivor. If you are completing treatment and wondering what comes next, this workshop provides insight into learnings of long term survivors, healthy lifestyle ideas, and information on your role in being an advocate in your survivorship care plan.

Here's what the patients are saying...

"The workshop was like a time-out to encourage self reflection and affirmation of survivorship!"

"The checklist is vital and gives me direction on how to move forward."

"This workshop was very beneficial. I loved every minute of it."

"I will take charge of my wellness and organize my medical records."

Workshops are held at Medstar Georgetown University Hospital at 6:00pm at the Ourisman Breast Center reception area ground floor of the Lombardi building. A light meal and parking is provided. Workshop dates for 2016 are Feb 18, April 28, June 23, Sept 22 and Nov 17.

Day time workshops on Thursdays are also available by appointment.

To register, and for campus location directions, please contact:

Denise O'Neill, SOS Coordinator at: (denise.j.oneill@medstar.net or 202.444. 5285)