

Survive and Thrive! Manifesto

We believe in life.

We believe in living every minute of it with every ounce of our being.

And that we cannot let cancer take control of it.

We believe in energy: Channeled and fierce.

We believe in focus: Getting smart and living strong.

Unity is strength. Knowledge is power.

Attitude is everything.

We are survivors.

We come from every walk of life.

Every age, shape, size and color.

We believe in a next normal after cancer.

And that we can live inspired and productive lives well after cancer ends.

We believe in happiness: Pursuing it at full force with dignity.

We believe in equality: Equal job access and adequate medical care.

Unity is strength. Knowledge is power.

Attitude is everything.

We are survivors.

Adapted from

“The Manifesto of the Lance Armstrong Foundation”
and the “Cancer Survivor’s Bill of Rights.”



31st Annual

Cancer Survivors Week

Mission  Possible

June 5-10, 2022

Virtual Meetings held via Zoom!

**Celebration in Real Life!
The Winston-Salem Dash Baseball
Game—Friday night**

***For all cancer survivors, those living with
cancer, and their caregivers!***

This Celebration of Life is presented By:



NOVANT
HEALTH


Atrium Health
Wake Forest Baptist

2022 Virtual Survivors Week Activities June 5 — 9

Schedule of Events

Sunday June 5th ~ National Cancer Survivors Day! Enjoy time with your families and friends. Take a moment to reflect on your Life.

Monday June 6th ~ 12:00 PM – 1:30 PM Webinar – Cook to Thrive! Join Julie Lanford, “The Cancer Dietitian,” for this cook-along session where she will teach you some refreshing summer recipes!

Tuesday June 7th ~ 6:00 PM – 7:30 PM Webinar – Dealing with “Fear of Recurrence” and “Scanzxiety”! Led by Lisa Rainwater, Atrium Health Wake Forest Baptist Counselor, Lisa will discuss the stress and anxiety caused by these thoughts and how to manage these stressors.

Wednesday June 8th ~ 3:00 PM – 4:30 PM Webinar – Wellness Wednesday! These activities will be led by Hirsch Wellness Network. Experience Taiji/Qigong movement and restorative standing Meditation with Bill Savage; and learn Breathworks to increase alertness and reduce pain and anxiety with Beverly Vaughn.

Thursday June 9th ~ 12:00 PM – 1:30 PM Webinar – Moving Forward After Treatment — What’s Next? This discussion will be led by Novant Health Cancer Institute’s Dr. Josiah An, Oncologist, Andrea Simmons, Chaplain, and Sara Bridges, Oncology Counselor. Listen to these experts discuss how to find our “next normal” and live life to its fullest.

Registration is Required!

Go to www.cancerservicesonline.org/survivorsweek to register, or use this QR Code! If you need any assistance registering, we are happy to help! Call Cancer Services at 336-760-9983.



2022 Celebration in Real Life June 10

Cancer Services invites you to an evening at the ball field! Join us at Truist Stadium at 951 Ballpark Way, Winston-Salem, North Carolina 27101 for a game between the W-S Dash and the Greensboro Grasshoppers at 7:00 pm on Friday June 10th! Be sure to stay for fireworks after the game!

Here are the details:

- ◆ Registration is required!
- ◆ Each survivor can reserve **2 tickets** — one for themselves and one for a caregiver.
- ◆ Additional tickets for family members and friends may be purchased at the ball field. General Admission tickets are \$10 and up.
- ◆ There is a \$10 fee for parking.
- ◆ The stadium is “cashless”, so a debit or credit card must be used for additional tickets, food and parking.
- ◆ Goodie Bags will be given to Survivors who attend the game!

Go to www.cancerservicesonline.org/survivorsweek to register, or use this QR Code! If you need any assistance registering, we are happy to help! Call Cancer Services at 336-760-9983.



2022 Survivors Week Planning Committee

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Julie Lanford, Cancer Services, Inc.
Lindy Milligan, Cancer Services, Inc.
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