

# Transitions Program



Call 760-9983 for the next  
available dates/times!

Our *Transitions* Program  
is a virtual 4-topic workshop  
designed to help survivors make  
the transition from active  
treatment to post-treatment care.

Experts will discuss exercise,  
medical management, emotional  
recovery, and nutrition tips.

[CancerServicesOnline.org/Transitions](https://CancerServicesOnline.org/Transitions)

"I would like to tell you how  
much I have enjoyed this  
month of transitions program  
information. Your speakers  
have been amazing, and left  
us with many worthwhile  
suggestions to think about or  
implement. And, as a  
caregiver, we need this  
education as much or more  
than the cancer survivor."

Cancer Services  
3175 Maplewood Ave Winston-Salem, NC  
27103 [CancerServicesOnline.org](https://CancerServicesOnline.org)  
336-760-9983