**Cancer Services's Survive & Thrive! Programs Keep You Well Beyond Cancer**

Here are some important websites you should follow to keep you Well Beyond Cancer. If you are not on our e-mail list, be sure we have your updated e-mail address!! Call our office or send Julie an e-mail - Julie@CancerServicesOnline.org

**Wellness Group Registration**

SCAN THE QR CODES WITH YOUR DEVICE TO ACCESS THESE SITES!!

**The Pink Broomstick Breast Cancer Wellness Group** will meet on the 3rd Tuesday at 7 PM on Zoom starting in February!

**“What’s Next” After Active Treatment?**

A 4-week program that helps survivors:
- decrease worry and anxiety
- improve quality of life
- increase knowledge around physical, mental and social health

**Thursdays in February @ 7 PM**

Space is limited! Registration is Required Sign up today! Call 336-760-9983 or www.CancerServicesOnline.org/register
Join Us for Our Next Transitions Reunion!

Mid March TBD
All graduates from the Transitions Program are invited to join us for an in-person reunion!
Space is limited! Registration is Required
Sign up today! Call 336-760-9983 or www.CancerServicesOnline.org/register

Move More, Stress Less
Begins Monday, March 6th
(Self-Guided)
Participate virtually and report your activity! Stay active and cope with your stress by Moving It On Out!
Space is limited! Registration is Required
Sign up today! Call 336-760-9983 or www.CancerServicesOnline.org/register

Special Meeting for Blood Cancer Patients: Understanding Your Labwork
March 15th 12 PM - 1:30 PM
Location: Lewisville Community Center
All blood cancer patients, survivors & caregivers are invited to enjoy lunch, connect with each other, and learn from our expert speaker about how to read your lab work. Blood cancer diagnoses include multiple myeloma, leukemia, lymphoma and MPN. Registration is required.
Lunch is provided. Call 336-760-9983 or www.CancerServicesOnline.org/register

What is the Cancer Dietitian Up To?
What has Julie, our Cancer Dietitian, been up to lately? Well...She has been BUSY! Julie always has lifestyle tips for cancer prevention and survivorship and is excited to share them with you! Check out what programs she will offer in the upcoming months.

Survivorship Nutrition & Cooking Classes
- Tuesdays VIRTUAL in March at 12 NOON – 1 PM
  In partnership with Wellness House dietitian, Angela Dennison!
- April IN PERSON Date/Time TBD.
  In partnership with Novant Health oncology dietitian, Lora White!

Recipe Videos
Every Other Month
February – Heart Healthy Recipes
April – Seasonal Spring Recipes
June – Survivorship Recipes

Webinars Every Other Month
January – Fighting Cancer With Your Fork
March – Protein: How Much Do You Need?
May – Building Healthy Snacks