

CONTACT TO RSVP: 907-264-1501



**THE ALASKA CANCER CARE ALLIANCE
PRESENTS:**

THE NEW NORM: CANCER SURVIORSHIP SERIES

From the moment you have heard the words “You Have Cancer,” your life has changed: physically, mentally, and emotionally. What you thought of as “normal” no longer means the same thing anymore and that’s why the Alaska Cancer Care Alliance is putting on a series of presentations and workshops called the “New Norm”. Come learn about and interact with specialists who address the physical side effects of treatment, ways to relax and calm the mind and how to actively participate in your health with nutrition and exercise. See details below and call for more information and to RSVP!

Workshop 1: August 26th, Long-Term Physical Side Effects of Cancer Treatment

Workshop 2: September 2nd, Mind-Body Healing Practices

Workshop 3: September 9th Nutrition and Exercise

ALL WORKSHOPS ARE FROM 6PM-8PM. AUGUST 26TH AND SEPT 9TH WORKSHOPS ARE LOCATED IN ALASKA REGIONAL HOSPITALS CANCER CARE CENTER: 2741 DEBARR ROAD (BUILDING C), ROOM 414. THE SEPT 2ND WORKSHOP IS LOCATED AT 2550 DENALI ST, SUITE 1600 (16TH FLOOR CONFERENCE ROOM).



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Title: Long Term Physical Side Effects of Cancer Treatment

Date: August 26th, 2010

Time: 6PM-8PM

Location: Alaska Regional Hospital,
2741 DeBarr Road: Building C, room
414.

Join Radiation Oncologist Dr. Richard Chung in a presentation and discussion of long term cancer treatment side-effects. Information presented and discussed will be based on attending survivors' diagnosis and course of treatment so contact us at (907)264-1501 to RSVP and fill out a treatment summary form. This will better help us know where to focus the discussions.

Title: Mind-Body Healing

Date: September 2nd, 2010

Time: 6PM-8PM

Location: 2550 Denali St, suite 1600
(16th floor conference room).

Come and learn some easy techniques to help reduce stress, assist mind-body harmony and thereby promote healing with Aleta Vail, local cancer survivor who is currently working on her doctoral dissertation in clinical psychology involving imagery and cancer. In this class we will learn about the mind-body connection and learn different imagery and mindfulness practices being studied that are relevant to cancer as well as try out some simple breathing, relaxation and imagery techniques.

Title: Nutrition and Exercise

Date: September 9th, 2010

Time: 6PM-8PM

Location: Alaska Regional Hospital,
2741 DeBarr Road: Building C, room
414.

Learn about how nutrition and exercise can help you play a vital role in your survivorship by increasing your energy, boosting your immune system and by just making you feel better. Markian Babij, ND of Avante Medical Center and Cindy Decker, RN of Providence's Oncology Rehabilitation Center join forces to arm patients and survivors with knowledge and tools to kick-start and/or re-boot healthy lifestyle habits.



2801 DeBarr Road, Suite 3000
Anchorage, AK 99508
(907) 264-1501 ph
(907) 264-1502 fax
ShelleyRomer@acsalaska.net
www.alaskacancercare.org