

Breast Cancer *Survivorship*

Free nine-month series of powerful presentations focused on living through and after treatment.



Breast Cancer Survivorship
future program:

March 16

Optimizing Wellness: Exercise
and Complementary Therapies

Life After Treatment: *Understanding Emotions and Self Help Strategies*

Undergoing treatment for cancer can be a devastating experience. One of the most important coping strategies to remember is that there is life after treatment. Published author and accomplished psychologist, Nancy Harshman, PhD, will help explain emotions and how they translate into self help strategies necessary to move past cancer treatment.

February 17

7 - 8:30 p.m.

Flower Hospital • Medical Office Building
adjacent to the Hickman Cancer Center

To register, call 1-877-291-1441.

Refreshments and door prizes will be provided. Lucas County residents may also be eligible for transportation assistance, call today!

Meet the *Speaker*

Nancy Harshman, PhD, is an author, a licensed psychologist and passionate about helping people. A graduate of the University of Toledo and Barat College of the Sacred Heart in Illinois, she has been helping individuals and families cope through various circumstances for more than 30 years. Nancy published *Learn Your Story, Find Your Power* in 1992 and has presented at numerous seminars across the country.

This program is made possible through a grant from the Susan G. Komen for the Cure Northwest Ohio Affiliate.

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