

Embracing Life *after* Cancer

A Cancer Survivorship Series

- **Moving Beyond Treatment: An Overview of Survivorship**
with Peggy Waterman, CNP
Tuesday, September 23
- **Physical Challenges after Treatment**
with Tina Phillips, PT; Lisa Clark, OT/Certified Lymphedema Specialist; and Yonca Berk-Giray, Speech-Language Pathologist
Tuesday, October 7
- **Psychological Reactions to Cancer Diagnosis & Ways to Cope**
with Christine Gray, PsyD
Monday, October 20
- **Genetics & Second Cancers for Survivors**
with Tracey F. Weisberg, MD,
and Jessica Cary, MS, RN, Certified Genetics Counselor
Monday, November 3
- **Nutrition & Cancer: Changing Your Habits Does Matter**
with Alison Fernald, RD, LD, and Anita Huey, MS, RD, LD, CDE
Monday, November 17
- **Moving Toward Health: Exercise & Survival**
with Cate Parker, MS, RN, CES; Mike Prouix, CSCS, LIVESTRONG
at the YMCA
Monday, December 1

*All programs will be held 6:30-8 p.m. in the
Café Conference Rooms at Mid Coast Hospital
123 Medical Center Drive, Brunswick*




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Commission
on Cancer®
ACCREDITED PROGRAM



MID COAST Center for
CancerCare

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