



**CANCERcare**<sup>®</sup>  
Help and Hope

## FREE PROFESSIONAL SUPPORT SERVICES

CancerCare helps individuals, families, caregivers and the bereaved cope with the emotional and practical challenges of cancer. Our services include case management, counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by master's-prepared oncology social workers and are offered completely free of charge. To learn more, visit [www.cancercare.org](http://www.cancercare.org).

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**CancerCare<sup>®</sup> National Office**  
275 Seventh Avenue  
New York, NY 10001  
800-813-HOPE (4673)

# Ways to Wellness

## Monthly Workshop Series

**CancerCare's Coping Circle Community Programs is proud to present a series of national virtual workshops focused on the needs of people with cancer and their caregivers.**

The workshop modules will each focus on a skill or topic that may impact the person with cancer and their caregiver while they cope with cancer – both in-treatment and post-treatment.

The objective is to assist and support people living with cancer and their caregivers while providing information and education, as well as suggestions for improving life with cancer skills.

### DATE/TIME

This free, virtual workshop series will continue to occur on a monthly basis.

**Session 1: Grounding Healing Practices for a Healthy Nervous System**  
January 6, 2022 from 4:30 p.m. to 6 p.m. ET

**Session 2: Low Impact Fitness: A Reintroduction to Exercise for Cancer Patients and Survivors**  
February 3, 2022 from 6 p.m. to 7:30 p.m. ET

**Session 3: Nutrition During Cancer and Beyond**  
March 3, 2022 from 4:30 p.m. to 5:30 p.m. ET

**Session 4: Art Therapy**  
April 7, 2022 from 4:30 p.m. to 6 p.m. ET

### LOCATION

This workshop will be held virtually using Zoom. If you are not able to use the video function, you will also be able to call into the workshop.

### FACILITATORS

Christine Calafiore, LSW is an oncology social worker at CancerCare and will co-facilitate all sessions.

**Session 1:** Sara Kossove LCSW, LCADC, SEP, RYT-200. Sara specializes in Individual Therapy, Trauma Therapy, and Supervision.

**Session 2:** Christina Ioannides, 5th Degree Black Belt in Kimura Shukokai Karate, Certified Self-Defense Instructor and USA Women's Karate Team Coach.

**Session 3:** Karen Z. Berg MS, RD, CSO, CDN

**Session 4:** Courtney Medina, LAC, ATR-P

### REGISTER

This program is open to national patients and caregivers and is free, but pre-registration is required. For more information or to register, please contact our Hopeline at 800-813-HOPE (4673) or contact Christine Calafiore at 201-301-6804 or [ccalafiore@cancercare.org](mailto:ccalafiore@cancercare.org).