



CANCERcare[®]
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 counseling, support groups, educational workshops, publications and financial assistance. All of our services are provided by professional oncology social workers and are offered completely free of charge. To learn more, visit www.cancercare.org.

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CancerCare[®] National Office
275 Seventh Avenue
New York, NY 10001
800-813-HOPE (4673)

Health and Wellness For and About Men

Wednesday, June 14, 2017

The Men's Program at CancerCare proudly announces the second in a series of workshops, discussions and presentations focused on the physical, emotional, mental and spiritual aspects about caring for the self.

SPEAKERS

Ryan Smith is a graduate of the Tri-State College of Acupuncture, having earned a Clinical Masters of Science. He has certificates in Oncology Acupuncture from Memorial Sloan Kettering Hospital and developed the Oncology Acupuncture Externship Program at the NYU Perlmutter Cancer Center. **Tim Bish**, also a graduate of the Tri-State College of Acupuncture, is certified by the National Certification Commission for Acupuncture and Oriental Medicine. He is also an advanced certified yoga instructor working in studios, gyms, offices and homes.

AGENDA FOR THE SERIES

- **Introductory Workshop: The Four Areas of Health and Well-being** COMPLETED.

Module I: Mental and Emotional Well-being

This workshop will provide a brief overview on how to stay balanced and cope with health-related stress. Exercises will be incorporated into the presentation, which will be followed by Q & A.

Wednesday, June 14, 2017

6:30 – 8:00 p.m.

- **Module II: Physical Well-being**
A brief overview and interactive exercises on how to help the body help itself. Followed by Q & A. (Date TBD.)
- **Module III: Spiritual Well-being**
A brief overview and interactive exercises on how to care for your spiritual self. Followed by Q & A. (Date TBD.)

LOCATION

CancerCare's National Office
275 Seventh Avenue
New York, NY 10001

FOR MORE INFORMATION OR TO RESERVE A PLACE, please call 212-712-8359 or email communityprograms@cancercare.org.

Space is limited and reservations are necessary.