



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 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.cancercares.org.

CONNECT WITH US



FACEBOOK
www.facebook.com/CancerCare



BLOG
www.cancercares.org/blog



YOUTUBE
www.youtube.com/cancercaresinc



TWITTER
@CancerCare



INSTAGRAM
@CancerCareUS

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



For Men: Living Well with Cancer Workshop Series

CancerCare's Men's Program is proud to present a series of virtual workshops focused on the needs of men affected by cancer – men with cancer and men who are cancer caregivers.

The workshop modules will each focus on a specific issue that are known to impact the quality of life of men who are learning to cope with cancer and treatment. The objective is to assist and support men in living with cancer with the purpose of providing resource information, health care education, as well as suggestions for improving life 'with cancer' skills.

DATE/TIME

This free, virtual workshop series will begin on November 23rd and will occur approximately every 6 weeks.

DATE/TIME

Module I: Self Acupressure for Enhanced Energy and Immunity

November 23, 2020 from 4 - 5 p.m. ET

Module II: Self-Acupressure for Anxiety, Fatigue and Sleep Challenges

December 14, 2020 from 4 - 5 p.m. ET

Module III: Let's Talk About Sex: Cancer Recovery and Sexual Health

February 8, 2021 from 4 - 5 p.m. ET

Panel Presentation by Ryan Smith, Dr Joseph Alukal and more.

Module IV: Combating the Stress Response with Mindfulness Techniques

April 12, 2021 from 4 - 5 p.m. ET



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 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.cancercares.org.

CONNECT WITH US



FACEBOOK
www.facebook.com/CancerCare



BLOG
www.cancercares.org/blog



YOUTUBE
www.youtube.com/cancercaresinc



TWITTER
@CancerCare



INSTAGRAM
@CancerCareUS

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

LOCATION

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

FACILITATORS

Bill Goeren, LCSW-R, OSW-C, SEP is the Director of Clinical Programs at CancerCare and also coordinates the Men's Program and the LGBTQ+ Program as well as the nutrition and legal services.

Ryan Smith, M.S., Dipl. Ac. (NCCAOM)®, L.Ac., C.SMA is a licensed acupuncturist with experience interning or working at some of the world's leading health centers, including the Perlmutter Cancer Center at NYU Langone Medical Center and NewYork-Presbyterian/Columbia University Medical Center. As the Founder and Director of 5 Point Acupuncture, he utilizes acupuncture's precision and power as part of a holistic, integrative approach to health and well-being.

Dr. Joseph Alukal, MD, New York Presbyterian/Columbia Medical Center, Urology, Associate Professor of Urology at CUMC.

REGISTER

Registration is limited and required for each workshop. To register or for more information about the Mens Program Living with Cancer workshops, email Bill Goeren at wgoeren@cancercares.org. For information about this workshop as well as other CancerCare programs and services, please call the CancerCare toll free Hopeline at 800-813-HOPE(4673).