

## About Us

Founded in 1944, CancerCare is the leading national organization providing free, professional support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by oncology social workers and world-leading cancer experts. To learn more, visit [www.cancercare.org](http://www.cancercare.org) or call **800-813-HOPE (4673)**.

CancerCare is pleased to have collaborated with the following organizations in offering this Workshop:

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org); 1-800-227-2345

### **American Psychosocial Oncology Society**

[www.apos-society.org](http://www.apos-society.org); 1-866-276-7443

### **American Society of Clinical Oncology**

[www.cancer.net](http://www.cancer.net); 1-888-651-3038

### **The Association for Molecular Pathology (AMP)**

[www.amp.org](http://www.amp.org); 1-301-634-7939

### **Association of Clinicians for the Underserved**

[www.clinicians.org](http://www.clinicians.org); 1-844-422-8247

### **Association of Oncology Social Work**

[www.aosw.org](http://www.aosw.org); 1-847-686-2233

### **Black Women's Health Imperative**

[www.bwhi.org](http://www.bwhi.org); 1-202-548-4000

### **Cancer Patient Education Network**

[www.cancerpatienteducation.org](http://www.cancerpatienteducation.org)

### **Cancer Support Community**

[www.cancersupportcommunity.org](http://www.cancersupportcommunity.org); 1-888-793-9355

### **Caregiver Action Network**

[www.caregiveraction.org](http://www.caregiveraction.org)

### **Joe's House – A Lodging Guide for Cancer Patients**

[www.joeshouse.org](http://www.joeshouse.org); 1-877-563-7468

### **Latinas Contra Cancer**

[www.latinascontracancer.org](http://www.latinascontracancer.org); 1-888-LCC-8110

### **The LGBT Cancer Project**

[www.lgbtcancer.org](http://www.lgbtcancer.org)

### **LIVESTRONG Foundation**

[www.livestrong.org](http://www.livestrong.org); 1-855-220-7777

### **MetaCancer Foundation**

[www.metacancer.org](http://www.metacancer.org)

### **Multinational Association of Supportive Care in Cancer**

[www.mascc.org](http://www.mascc.org)

### **National Association of Social Workers**

[www.socialworkers.org](http://www.socialworkers.org); 1-202-408-8600

### **National Center for Frontier Communities**

[www.frontierus.org](http://www.frontierus.org); 1-575-534-0101

### **National Coalition for Cancer Survivorship**

[www.canceradvocacy.org](http://www.canceradvocacy.org); 1-877-NCCS-YES (1-877-622-7937)

### **National Comprehensive Cancer Network® (NCCN®) – NCCN Guidelines for Patients®**

[www.nccn.org/patients](http://www.nccn.org/patients)

### **NeedyMeds**

[www.needy meds.org](http://www.needy meds.org); 1-800-503-6897

### **Research Advocacy Network**

[www.researchadvocacy.org](http://www.researchadvocacy.org); 1-877-276-2187

### **Scott Hamilton CARES Foundation**

[www.scottcares.org](http://www.scottcares.org)

### **Vital Options International**

[www.vitaloptions.org](http://www.vitaloptions.org)



**CANCERCARE**

National Office  
275 Seventh Avenue  
New York, NY 10001

CANCERCARE CONNECT® EDUCATION WORKSHOP

## Mind Body Techniques to Cope with the Stresses of Cancer

**Wednesday, November 15, 2017  
1:30 - 2:30 PM Eastern Time**

A free CancerCare Connect® Education Workshop for people living with cancer, their families, partners, caregivers, friends and health care professionals

Listen to this workshop over the telephone or connect to our webcast online.



**CANCERCARE**

Help and Hope

**800-813-HOPE (4673)  
[www.cancercare.org](http://www.cancercare.org)  
[connect@cancercare.org](mailto:connect@cancercare.org)**

## What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

### How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

### How do I register?

There are three ways to register:

- Mail this registration form to CancerCare®
- Call **800-813-HOPE (4673)**
- Register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

After you have registered, you will receive additional information.

## Missed a CancerCare Connect® Education Workshop?

A listing of featured programs is available by calling **888-337-7533**, 24 hours a day, 7 days a week. You can also listen to previous workshops on the CancerCare website. Just log on to [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).

## Continuing Education Credits (Live Only)

**Social Workers:** Cancer Care Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0088.

This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

**Registered Dietitians:** This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

To request continuing education paperwork, please email your name, profession, and address to [connect@cancercare.org](mailto:connect@cancercare.org) after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.

**This program is generously sponsored by Loretta and Raymond Moseman. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.**

## Mind Body Techniques to Cope with the Stresses of Cancer

Wednesday, November 15, 2017  
1:30 - 2:30 PM Eastern Time

### Workshop Topics

- Definition of Stress
- Common Stressors
- Recognizing the Common Symptoms of Stress
- The Impact of Stress on Well-Being
- Using Mind Body Techniques to Cope with Stress
- Learning to Focus on Specific Stressors
- Stress Management Tips
- Questions for Our Panel of Experts

### Speakers

#### David Spiegel, MD

Willson Professor  
Associate Chair of Psychiatry & Behavioral Sciences  
Director of the Center on Stress and Health  
Medical Director of the Center for Integrative Medicine  
Stanford University School of Medicine

#### Lorenzo Cohen, PhD

Professor and Director  
Integrative Medicine Program  
Richard E. Haynes Distinguished Professor in Clinical Cancer Prevention  
Department of Palliative, Rehabilitation, and Integrative Medicine  
The University of Texas MD Anderson Cancer Center

#### Sarah Kelly, MSW

Program Coordinator  
CancerCare®

## Mind Body Techniques to Cope with the Stresses of Cancer

Wednesday, November 15, 2017

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

*Please list the phone number where you can be reached on the day of the workshop.*

EMAIL \_\_\_\_\_

NUMBER OF PARTICIPANTS \_\_\_\_\_

ARE YOU A HEALTH CARE PROFESSIONAL?

YES \_\_\_\_\_ NO \_\_\_\_\_

**Mail this registration form to:**  
Carolyn Messner, DSW, OSW-C, FAPOS  
Director of Education and Training  
CancerCare®  
275 Seventh Avenue  
New York, NY 10001

OR

**Register online at**  
[www.cancercare.org/connect](http://www.cancercare.org/connect)



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