

CancerCare's Mission

CancerCare is a national nonprofit, 501 c(3) organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge.

National Cancer Institute

The National Cancer Institute (NCI) is a component of the National Institutes of Health (NIH), one of eight agencies that compose the Public Health Service (PHS) in the Department of Health and Human Services (DHHS). The NCI is the Federal Government's principal agency for cancer research and training. The National Cancer Institute coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination and other programs with respect to the cause, diagnosis, prevention and treatment of cancer, rehabilitation from cancer and the continuing care of cancer patients and their families. To find out more, call **1-800-4-CANCER (1-800-422-6237)** or visit www.cancer.gov.

LIVESTRONG

Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and based in Austin, Texas, LIVESTRONG fights for the 28 million people around the world living with cancer today. LIVESTRONG connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, LIVESTRONG's mission is to inspire and empower anyone affected by cancer. For more information visit LIVESTRONG.org or call **1-855-220-7777**.

American Cancer Society

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well through prevention and early detection; helping people get well by being there for them during and after their diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers and communities to join the fight against cancer. To learn more about us or to get help, call us anytime, day or night, at **1-800-227-2345** or visit cancer.org.

Intercultural Cancer Council

The Intercultural Cancer Council (ICC) promotes policies, programs, partnerships and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories. The ICC provides a forum to identify shared problems and develop collaborative solutions; promotes new partnerships to address the cancer crisis in our communities; convenes the Symposium Series on Minorities, the Medically Underserved and Cancer; facilitates issue advocacy; and offers electronic networking and cancer education. For more information about ICC, call **1-713-798-4614** or visit our Web Site at www.iccnetwork.org.

Living Beyond Breast Cancer

Living Beyond Breast Cancer, founded in 1991, is a national nonprofit education and support organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life. Programs and services include: a comprehensive educational website, lbcc.org; the toll-free Survivors' Helpline at **(888) 753-LBCC (5222)**; large national conferences; free teleconferences; networking programs; quarterly educational newsletters; publications for medically underserved women; workshops and trainings for healthcare providers and informational recordings. LBBC offers women free copies of the consumer-focused publications Guide for the Newly Diagnosed, *Getting Connected: African-Americans Living Beyond Breast Cancer* and *Celebramos el Mañana: Latinas que Sobreviven el Cancer del Seno*. Call **1-610-645-4567** or email mail@lbcc.org for more information.

National Coalition for Cancer Survivorship

The National Coalition for Cancer Survivorship (NCCS) advocates for quality cancer care for all Americans and provides tools that empower people affected by cancer to advocate for themselves. Founded by and for cancer survivors in 1986, NCCS created the widely accepted definition of survivorship and considers someone a cancer survivor from the time of diagnosis through the balance of life. Its free publications and resources include the award-winning Cancer Survival Toolbox®, a self-learning audio program created by leading cancer organizations to help people develop essential skills to meet the challenges of their illness. For more information about NCCS, its advocacy and patient materials, please visit www.canceradvocacy.org or call **1-888-650-9127**.

This program is made possible by support from the

National Cancer Institute

and

LIVESTRONG®



CANCERCARE®
NATIONAL OFFICE
275 SEVENTH AVE.
NEW YORK, NY 10001

Connect® WORKSHOP

CANCERCARE®

The Ninth Annual Cancer Survivorship Series: Living With, Through and Beyond Cancer

Tuesdays
1:30 - 2:30 PM Eastern Time

April 12, 2011
May 10, 2011
June 14, 2011
July 12, 2011

A free Connect® Workshop Series for cancer survivors, their families, friends and health care professionals

You can listen to this workshop over the telephone or online.

Important Questions

What is a Connect® Workshop?

CancerCare's free Connect® Workshops are a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone.

How do I register?

There are three ways to register: mail this registration form to CancerCare, call 1-800-813-HOPE (4673) or register online at www.cancercare.org/connect.

After you have registered, you will receive additional information and instructions.

Who will benefit from this Connect® Workshop Series?

This Connect® Workshop series offers cancer survivors and their loved ones a better idea of what to expect after treatment ends. The information discussed during these calls is designed primarily for cancer survivors who have recently completed their cancer treatment, but you may find the information helpful even if you were treated a long time ago.

How will this series help you?

The person who has come through a cancer experience is indelibly affected by it. - Fitzhugh Mullan, MD

Ending cancer treatment can be both a welcome milestone and challenging. Most people are relieved to be finished with the demands of treatment, but many also feel sadness and worry. Many are concerned about whether the cancer will come back, and what they should do after treatment. One of the hardest things to face after treatment is not knowing what happens next.

When treatment ends, people often expect life to return to the way it was before they were diagnosed with cancer. Understanding what to expect after cancer treatment can help survivors and their families plan for follow-up care, make lifestyle changes, stay hopeful and make informed decisions about the future.

Missed a Connect® Workshop?

A listing of featured programs is available by calling 1-888-337-7533, 24 hours a day, 7 days a week. You can also listen to selected workshops on the CancerCare web site. Just log on to www.cancercare.org/podcasts.

Workshop Schedule

Tuesdays
1:30 - 2:30 PM Eastern Time

Part I April 12, 2011

Chemobrain: The Impact of Cancer Treatments On Memory, Thinking, and Attention

Lillian M. Nail, PhD, RN, FAAN
Survivor Perspective
Rawlinson Distinguished Professor of Nursing
Senior Scientist, School of Nursing
Oregon Health & Science University

Tim A. Ahles, PhD
Member, Department of Psychiatry and Behavioral Sciences
Director, Neurocognitive Research Laboratory
Memorial Sloan-Kettering Cancer Center

Patricia A. Ganz, MD
Professor, UCLA Schools of Medicine and Public Health
Division of Cancer Prevention and Control Research
Jonsson Comprehensive Cancer Center

Part II May 10, 2011

Weight Changes After Cancer Treatments: Why Is It Happening and What Can I Do About It?

Anna L. Schwartz, FNP, PhD, FAAN
Survivor Perspective
Affiliate Professor, University of Washington
Nurse Practitioner, St. John's Medical Center

Jennifer A. Ligibel, MD
Assistant Professor of Medicine
Harvard Medical School
Attending Physician, Women's Cancer Program
Dana-Farber Cancer Institute

Cheryl L. Rock, PhD, RD
Professor, Family and Preventive Medicine
Cancer Prevention and Control Program
University of California, San Diego

Workshop Schedule

Tuesdays
1:30 - 2:30 PM Eastern Time

Part III June 14, 2011

Stress Management for Caregivers: Taking Care of Yourself Physically and Emotionally

Guadalupe R. Palos, RN, LMSW, DrPH
Caregiver Perspective
Clinical Research Manager
The University of Texas MD Anderson Cancer Center
Division of Medical Affairs
Department of Cancer Survivorship

David W. Kissane, MD
Jimmie C. Holland Chair in Psycho-oncology
Chairman & Attending Psychiatrist
Department of Psychiatry & Behavioral Sciences
Memorial Sloan-Kettering Cancer Center

Laurel L. Northouse, RN, PhD, FAAN
Mary Lou Willard French Professor of Nursing
University of Michigan School of Nursing
Co-Director, Socio-Behavior Program
University of Michigan Comprehensive Cancer Center

Part IV July 12, 2011

Fear of Recurrence and Late Effects: Living With Uncertainty

Richard Dickens, MSW
Survivor Perspective
Blood Cancers Program Coordinator
Mind/Body/Spirit Project Coordinator
CancerCare

Merle H. Mishel, RN, PhD, FAAN
Kenan Professor, School of Nursing
University of North Carolina at Chapel Hill

David Spiegel, MD
Jack, Sam and Lulu Willson Professor in the School of Medicine
Associate Chair, Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine

REGISTRATION FORM

The Ninth Annual Cancer Survivorship Series: Living With, Through and Beyond Cancer

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 _____

Check workshop(s) you would like to attend:

4/12____ 5/10____ 6/14____ 7/12____

ARE YOU A HEALTH CARE PROFESSIONAL?

YES____ NO____

Please mail this registration form to:
Carolyn Messner, DSW, MSW
Director of Education and Training
CancerCare
275 Seventh Avenue
New York, NY 10001

or
register online at www.cancercare.org/connect

For more information, call CancerCare at **1-800-813-HOPE (4673)**, visit us online at www.cancercare.org, or email us at connect@cancercare.org.