

## Important Questions

### What is a Telephone Education Workshop?

A Telephone Education Workshop is a way for you to get the most up-to-date information from leading experts without leaving your home or office. All you need is a telephone to be connected to the workshop.

### 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/tew](http://www.cancercare.org/tew). After you have registered, you will receive additional information and instructions.

### Who will benefit from this Telephone Education Workshop Series?

This telephone education 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 Telephone Education 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 website. Just log on to [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).

## Workshop Schedule

Tuesdays  
1:30 - 2:30 p.m. Eastern Time

**Part I** **April 14, 2009**

### Managing the Stress of Survivorship

#### Keith M. Bellizzi, PhD, MPH

Cancer Survivor  
Assistant Professor, Human Development and Family Studies, University of Connecticut

#### David Spiegel, MD

Wilson Professor in the School of Medicine  
Associate Chair, Department of Psychiatry and Behavioral Sciences  
Stanford University School of Medicine

#### Guadalupe R. Palos, RN, LMSW, DrPH

Assistant Professor, Division of Internal Medicine  
Department of Symptom Research  
The University of Texas MD Anderson Cancer Center

**Part II** **May 19, 2009**

### The Importance of Nutrition and Physical Activity

#### Anna Schwartz, FNP, PhD, FAAN

Cancer Survivor  
Executive Medical Director  
Rehabilitation Systems and Affiliate Professor  
University of Washington

#### Bernardine M. Pinto, PhD

Professor (Research), The Miriam Hospital and the Warren Alpert Medical School of Brown University  
Centers for Behavioral and Preventive Medicine

#### Wendy Demark-Wahnefried, PhD, RD

Professor of Behavioral Science  
The University of Texas MD Anderson Cancer Center

## Workshop Schedule

Tuesdays  
1:30 - 2:30 p.m. Eastern Time

**Part III** **June 23, 2009**

### Survivors Too: Family, Friends and Loved Ones Managing the Fatigue of Caregiving

#### Joe Sommer

Caregiver  
Executive Director  
AT&T Intellectual Property

#### 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

#### Shelby L. Langer, PhD

Research Assistant Professor  
University of Washington School of Social Work  
Affiliate Investigator, Biobehavioral Sciences  
Fred Hutchinson Cancer Research Center

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**National Cancer Institute**

**and**

**L I V E S T R O N G**  
LANCE ARMSTRONG FOUNDATION

## Registration Form

**The Seventh Annual Cancer  
Survivorship Series:  
Living With, Through & Beyond Cancer**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number\* ( \_\_\_\_\_ ) \_\_\_\_\_

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

Email Address \_\_\_\_\_  
\_\_\_\_\_

Check workshop(s) you would like to attend:

4/14 \_\_\_\_\_ 5/19 \_\_\_\_\_ 6/23 \_\_\_\_\_

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/tew](http://www.cancercare.org/tew)

For more information, call CancerCare at  
1-800-813-HOPE (4673)  
[www.cancercare.org](http://www.cancercare.org)  
[teled@cancercare.org](mailto:teled@cancercare.org)

## CancerCare

CancerCare is a national nonprofit 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, education, financial assistance and practical help – are provided by trained oncology social workers and are completely free of charge. Founded in 1944, CancerCare now provides individual help to more than 97,000 people and receives 2.1 million visits to its web sites each year. For more information, call **1-800-813-HOPE (4673)** or visit [www.cancercare.org](http://www.cancercare.org).

## 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](http://www.cancer.gov).

## Lance Armstrong Foundation

At the Lance Armstrong Foundation, we fight for the more than 25 million people around the world living with cancer today. There can be – and should be – life after cancer for more people. That's why we kick in at the moment of diagnosis, giving people the resources and support they need to fight cancer head-on. We find innovative ways to raise awareness, fund research and end the stigma about cancer that many survivors face. We connect people and communities to drive social change, and we call for state, national and world leaders to help fight this disease. Anyone, anywhere can join our fight against cancer. Join us at [LIVESTRONG.org](http://LIVESTRONG.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 National Biennial 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 **1-877-243-6642** or visit our Web Site at [www.iccnetwork.org](http://www.iccnetwork.org).

## Living Beyond Breast Cancer

Living Beyond Breast Cancer 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: conferences; teleconferences; the toll-free Survivors' Helpline (**1-888-753-5222**); a website, [www.lbbc.org](http://www.lbbc.org); free quarterly newsletters; publications for medically underserved women; informational recordings; networking programs; and workshops and trainings for healthcare providers. 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 Manana: Latinas que Sobreviven el Cancer del Seno*. Call **1-610-645-4567** or email [mail@lbbc.org](mailto:mail@lbbc.org) for more information.

## National Coalition for Cancer Survivorship

The National Coalition for Cancer Survivorship (NCCS) is a leading cancer advocacy organization founded by and for cancer survivors. Its priorities are to advocate for quality cancer care for all Americans and to empower people with cancer to advocate for themselves. NCCS does this by providing free resources, such as the award-winning Cancer Survival Toolbox®, to teach cancer survivors the skills they need to navigate the complexities of a cancer diagnosis, and by advocating at the federal level through legislative and regulatory issues. For more information about NCCS, its advocacy and patient materials, please visit [www.canceradvocacy.org](http://www.canceradvocacy.org) or call **1-888-650-9127**.



CancerCare  
Connect®

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

Tuesdays  
1:30 - 2:30 p.m. Eastern Time

April 14, 2009  
May 19, 2009  
June 23, 2009

No Phone Charges Apply

A free Telephone Education Workshop Series for cancer survivors, their families, friends and health care professionals



CANCERCARE®

CancerCare  
275 Seventh Avenue  
New York, NY 10001



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Help and Hope