

**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. For more information, call **1-800-813-HOPE (4673)** or visit **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**.

**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 **1-888 753-LBCC (5222)**, large national conferences, free teleconferences, community meetings, educational newsletters, publications for medically underserved women, workshops and trainings for healthcare providers and informational recordings. LBCC offers women free copies of the consumer-focused publications: *Guide for the Newly Diagnosed*, *Getting Connected: African-Americans Living Beyond Breast Cancer*, *Celebramos el Mañana: Latinas que Sobreviven el Cancer del Seno* and many other guides. Call **1-610-645-4567**, e-mail **mail@lbcc.org** or visit **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®**  
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**Connect® WORKSHOP**



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

Tuesdays  
1:30 - 2:30 PM Eastern Time

April 24, 2012  
May 15, 2012  
June 19, 2012  
July 17, 2012

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

## Workshop Schedule

Tuesdays  
1:30 - 2:30 PM Eastern Time

### Part I April 24, 2012

#### Using Mind/Body Techniques to Cope with the Stress of Survivorship

**Richard Dickens, MSW**  
Survivor Perspective  
Clinical Supervisor  
Mind/Body Project Coordinator, CancerCare

**Lorenzo Cohen, PhD**  
Professor and Director, Integrative Medicine Program  
Departments of General Oncology and Behavioral Science  
The University of Texas MD Anderson Cancer Center

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

### Part II May 15, 2012

#### Recapturing Joy and Finding Meaning

**Keith Bellizzi, PhD, MPH**  
Survivor Perspective  
Assistant Professor  
Human Development and Family Studies  
University of Connecticut

**Suzanne Lechner, PhD**  
Research Assistant Professor of Psychiatry and Psychology  
Biopsychosocial Oncology Core Leader  
Sylvester Comprehensive Cancer Center  
University of Miami Miller School of Medicine

**William Breitbart, MD, FAPM, FAPA**  
Chief, Psychiatry Service  
Vice-Chairman, Dept. of Psychiatry and Behavioral Sciences  
Memorial Sloan-Kettering Cancer Center  
Professor of Clinical Psychiatry  
Weill Medical College of Cornell University

## Workshop Schedule

Tuesdays  
1:30 - 2:30 PM Eastern Time

### Part III June 19, 2012

#### Changing Roles and Responsibilities for Caregivers

**Suzanne Martz-Dones, RN, MA, CCRN, NE-BC**  
Caregiver Perspective  
Administrative Nurse Manager  
Mount Sinai Hospital

**Barbara A. Given, PhD, RN, FAAN**  
University Distinguished Professor  
Associate Dean for Research and Doctoral Program  
College of Nursing  
Michigan State University

**Stewart B. Fleishman, MD**  
Founding Director  
Cancer Supportive Services  
Continuum Cancer Centers of New York:  
Beth Israel & St. Luke's-Roosevelt

### Part IV July 17, 2012

#### Managing Post-Treatment Neuropathy

**Julie Silver, MD**  
Survivor Perspective  
Assistant Professor  
Department of Physical Medicine and Rehabilitation  
Harvard Medical School

**Nessa Coyle, NP, PhD**  
Consultant – Oncology  
Pain and Palliative Care

**Christian M. Custodio, MD**  
Cancer Rehabilitation Fellowship Director  
Memorial Sloan-Kettering Cancer Center  
Assistant Professor  
Department of Rehabilitation Medicine  
Weill Medical College of Cornell University

## REGISTRATION FORM

### The Tenth 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:

4/24 \_\_\_\_\_ 5/15 \_\_\_\_\_ 6/19 \_\_\_\_\_ 7/17 \_\_\_\_\_

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

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