

# Cancer Survivorship Lecture Series

Gilda's Club Seattle and the Fred Hutchinson Cancer Research Center Survivorship Program team up to bring you four opportunities to learn about cancer survivorship in 2009. Join us for information on how to build your healthy recovery after cancer treatment and into survivorship.

**2/26/09 *Nutrition and Cancer: Eat Better, Feel Better, Live Better***

Learn how a healthy diet is critical to maintaining strength and wellness and to increasing your body's ability to recuperate.

**8/20/09 *Now What? Life After Cancer***

Learn about the most common medical, physical, emotional and social issues that cancer survivors face post-treatment.

**9/24/09 *Cardiovascular Risk in Cancer Survivors***

Dr. Scott Baker shares important information about cardiovascular risk in cancer survivors, and how to keep your heart healthy.

**11/5/09 *Navigating Your Health As a Cancer Survivor***

Learn useful health and wellness recommendations that can help ease the transition from active cancer treatment to cancer survivorship.



Free and open to the public.

7:00—8:30 pm; light refreshments at 6:45 pm.

At Gilda's Club Seattle, 1400 Broadway

Children may play in *Noogieland* with 48 hours advanced RSVP.

Please RSVP to attend: 206-709-1400.