

2009 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. Learn how to build your healthy recovery after cancer treatment ends, 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

Dr. Karen Syrjala talks about the most common medical, physical, emotional and social issues that cancer survivors face post-treatment.

9/24/09 Keeping Healthy After Cancer

Dr. Scott Baker shares important information about long term medical issues that cancer survivors may face following treatment, and how to help prevent future problems from developing.

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

Deb Locker, RN shares 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, Seattle

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

Please RSVP to attend: 206-709-1400.

