

Cancer Transitions: Life after Treatment

Please join us for a free, 6-week workshop series designed to help you transition from active treatment to post-treatment care. Workshops will be led by physicians and staff with
The Hospital of Central Connecticut Breast Center.

Sept. 14	You are a Survivor: Now What?
Sept. 24	Emotional Health and Well-being: From Patient to Survivor
Oct. 12	Complementary and Alternative Medicine: Info for Survivors
Oct. 26	Nutrition: The Benefits of Healthy Eating
Nov. 9	Choosing Life and Movement: Exercising for Health
Nov. 23	Medical Management after Breast Cancer

5:30-7:30 p.m.

**The Hospital of Central Connecticut New Britain General campus
Lecture Room 2 • 100 Grand St., New Britain**

Sessions includes a healthy meal and free parking. Funded by the Connecticut Breast Health Initiative. For information and registration, contact Donna Boehm, 860-224-5900, X6307, or dboehm@thocc.org.



**The Hospital of
Central Connecticut**

Getting Better Together.®