



Live Well.

Ascension
Columbia St. Mary's Hospital

VAN DYKE
CANCER CENTERS

Live Well Through Treatment – 2019

Van Dyke Cancer Center Milwaukee

A wellness class focusing on improving your health through cancer treatment and beyond.

Taking care of yourself is important throughout your entire life, but during cancer treatment wellness is especially important. There are things you can do to help manage the side effects that cancer and treatment may bring.

Join us for *Live Well Through Treatment* – a class for newly diagnosed patients and their caregivers designed to give you tools you can use during your treatment to help you feel good and live well...and to help you form healthy habits that will stay with you long after treatment is over. You'll meet members of the cancer support team as we discuss:

- Exercise and physical activity
- Nutrition
- Emotional health, stress management and sleep
- Financial and practical information

Let us partner with you in wellness as you begin your treatment journey.

2019 Class Dates	
WEDNESDAYS	THURSDAYS
1:00 – 2:30 PM	10:00 – 11:30 AM
January 2	January 17
February 6	February 21
March 6	March 21
April 3	April 18
May 1	May 16
June 5	June 20
July 3	July 18
August 7	August 22
September 4	September 19
October 2	October 17
November 6	November 21
December 4	December 19

Location:

Conference Room,
Ascension Columbia St. Mary's Milwaukee
Cancer Center
Radiation Oncology Department (Garden Level)

Date/Time:

Classes are offered twice monthly,
alternating between Wednesdays 1:00 – 2:30 p.m.
& Thursdays 10:00 – 11:30 a.m. (see chart)

Registration is required. Sign up for one class.

To register: Talk to a member of your care team
or contact Laura Stratte, Survivorship Nurse
Navigator, at 414-298-7247.

For information on additional programs, visit
supportcsm.org/livewell

