



Live Well.

Ascension
Columbia St. Mary's Hospital

VAN DYKE
CANCER CENTERS

Live Well Through Treatment – 2019

Van Dyke Cancer Center Ozaukee

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 Classes	
Mondays 1:00 – 2:30 PM	
January 14	July 8
February 11	August 12
March 11	September 9
April 8	October 14
May 13	November 11
June 10	December 9

Location:

Conference Room 7
Columbia St. Mary's Ozaukee,
Second floor, across from chapel

Date/Time:

2nd Monday of each month, 1:00 – 2:30 PM

Registration is required.

Talk to a member of your care team to sign up.
If you have any questions, Demetra LaGalbo at
262-243-8257.

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

