



Ascension



Cancer Survivorship Educational Series

An educational series designed to make the most of life after a cancer diagnosis. The series focuses on different aspects to decrease the effects of cancer and its treatment, enhancing the journey of survivorship.

A survivor is anyone who has been diagnosed with cancer, either undergoing or completed treatment.

All classes can be accessed on the Ascension website:

<https://healthcare.ascension.org/events>

search **Milwaukee** and **Survivorship** for all class options

Or use this QR Code



Nutrition

The four part series will teach you how to make a healthy meal, goal setting for long-lasting lifestyle changes and meal planning. Each class is focused on a meal of the day

Activity

The class will teach you how to begin to increase physical activity. Tips on the advantages of increasing activity and how to safely bring activity into your life.

More classes are coming soon!

Watch for announcements in the newsletter or speak with your navigator. You can also contact the Survivorship coordinator for more information-

christine.kulas@ascension.org

