

cancer transitions

Moving Beyond Treatment™

If you are a **cancer survivor** and have completed active treatment in the past **one month to 2 years** and have no current symptoms, this **FREE six week** series is tailor **made for you**.

Guest speakers will include **a nurse, social worker, a registered dietician, and a fitness expert** who will offer exercises customized to each participant's ability, training in relaxation and stress management as well as tips for nutritious eating.

three locations

Berkeley Heights – Summit Medical Group

654 Springfield Avenue

Thursdays, from 6:00 to 8:30 pm

October 15th to November 19th, 2015

East Brunswick – Regional Cancer Care Assoc., LLC

Central New Jersey Division at the East Brunswick Public Library

Wednesdays, from 6:00 to 8:30 pm

September 30th to November 4th, 2015

New Brunswick – Rutgers Cancer Institute of New Jersey

195 Little Albany Street

Thursdays, from 6:00 to 8:30 pm

October 1st to November 5th, 2015

Call 908 658 5400 To Register

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Program of



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FOUNDATION