



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# cancer transitions

## Moving Beyond Treatment

A Program of the Cancer Support Community  
and LIVESTRONG™

*Cancer Transitions™* is a free 2½-hour, six-week workshop for YMCA members and non-members alike. It is designed to help **cancer survivors make the transition from active treatment to post-treatment care**. Expert panelists, including physicians, nutritionists and fitness experts will discuss exercise tailored to each participant's abilities, training in relaxation and stress management and tips for nutritious eating. *Cancer Transitions* will **answer many of your questions** about cancer survivorship post-cancer treatment. There will be 30 minutes of exercise each week, so participants should dress comfortably.

The course covers the following topics:

- Session 1: Get Back to Wellness: Take Control of Your Survivorship
- Session 2: Exercise for Wellness: Customized Exercise
- Session 3: Emotional Health and Well-Being: From Patient to Survivor
- Session 4: Nutrition Beyond Cancer
- Session 5: Medical Management Beyond Cancer: What You Need to Know
- Session 6: Life Beyond Cancer
- \*Bonus follow-up session after 1 month

**Date:** Tuesdays February 14—March 20 Bonus session - April 24

**Time:** 9:30 a.m. – 12:00 p.m.

### Location:

Caldwell Family YMCA  
HP Conference Room  
3720 S. Indiana Ave  
Caldwell, Idaho 83605  
208-454-9622

### Expert Panelists include:

**Beth Kopadt, BS, Physical Education**  
*Cancer Exercise Specialist*

**Cheryl Nelson, LCSW**  
*Social Worker at St. Alphonsus Cancer Care Centers*

**Barbara Grant, MS, RD, CS**  
*Nutritionist at St. Alphonsus Cancer Care Centers*

**Esther Sears APRN, AOCNP**  
*Nurse Practitioner at St. Alphonsus Cancer Care Centers*

### Register at the Caldwell YMCA Front Desk

*(class size is limited so registration is required)*

For more information call Beth Kopadt at 208-454-9622 ext. 704

