

**CancerCare's Mission**

CancerCare is a national nonprofit, 501 c(3) organization that provides free, professional support services to anyone affected by cancer: people with cancer, caregivers, children, loved ones, and the bereaved. CancerCare programs—including counseling and support groups, education, financial assistance and practical help—are provided by professional oncology social workers and are completely free of charge.

**National Cancer Institute**

The National Cancer Institute (NCI) is a component of the National Institutes of Health (NIH), one of eight agencies that compose the Public Health Service (PHS) in the Department of Health and Human Services (DHHS). The NCI is the Federal Government's principal agency for cancer research and training. The National Cancer Institute coordinates the National Cancer Program, which conducts and supports research, training, health information dissemination and other programs with respect to the cause, diagnosis, prevention and treatment of cancer, rehabilitation from cancer and the continuing care of cancer patients and their families. To find out more, call **1-800-4-CANCER (1-800-422-6237)** or visit [www.cancer.gov](http://www.cancer.gov).

**LIVESTRONG**

Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and based in Austin, Texas, **LIVESTRONG** fights for the 28 million people around the world living with cancer today. **LIVESTRONG** connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, **LIVESTRONG's** mission is to inspire and empower anyone affected by cancer. For more information visit [LIVESTRONG.org](http://LIVESTRONG.org).

This program is made possible by support from

**National Cancer Institute**

and

**LIVESTRONG**

**Intercultural Cancer Council**

The Intercultural Cancer Council (ICC) promotes policies, programs, partnerships and research to eliminate the unequal burden of cancer among racial and ethnic minorities and medically underserved populations in the United States and its associated territories. The ICC provides a forum to identify shared problems and develop collaborative solutions; promotes new partnerships to address the cancer crisis in our communities; convenes the National Biennial Symposium Series on Minorities, the Medically Underserved and Cancer; facilitates issue advocacy; and offers electronic networking and cancer education. For more information about ICC, call **1-713-798-4614** or visit our Web Site at [www.iccnetwork.org](http://www.iccnetwork.org).

**Living Beyond Breast Cancer**

Living Beyond Breast Cancer, founded in 1991, is a national nonprofit education and support organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life. Programs and services include: a comprehensive educational website, [lbbc.org](http://lbbc.org); the toll-free Survivors' Helpline at **(888) 753-LBBC (5222)**; large national conferences; free teleconferences; networking programs; quarterly educational newsletters; publications for medically underserved women; workshops and trainings for healthcare providers and informational recordings. LBBC offers women free copies of the consumer-focused publications *Guide for the Newly Diagnosed*, *Getting Connected: African-Americans Living Beyond Breast Cancer* and *Celebramos el Mañana: Latinas que Sobreviven el Cancer del Seno*. Call **1-610-645-4567** or email [mail@lbbc.org](mailto:mail@lbbc.org) for more information.

**National Coalition for Cancer Survivorship**

The National Coalition for Cancer Survivorship (NCCS) advocates for quality cancer care for all Americans and provides tools that empower people affected by cancer to advocate for themselves. Founded by and for cancer survivors in 1986, NCCS created the widely accepted definition of survivorship and considers someone a cancer survivor from the time of diagnosis through the balance of life. Its free publications and resources include the award-winning Cancer Survival Toolbox®, a self-learning audio program created by leading cancer organizations to help people develop essential skills to meet the challenges of their illness. For more information about NCCS, its advocacy and patient materials, please visit [www.canceradvocacy.org](http://www.canceradvocacy.org) or call **1-888-650-9127**.



**CANCERCARE**  
NATIONAL OFFICE  
275 SEVENTH AVE.  
NEW YORK, NY 10001

**Connect® WORKSHOP**

**CANCERCARE**

## The Eighth Annual Cancer Survivorship Series: Living With, Through and Beyond Cancer

Tuesdays  
1:30 - 2:30 PM Eastern Time

April 13, 2010  
May 18, 2010  
June 22, 2010  
July 13, 2010

A free Connect® Workshop Series for cancer survivors, their families, friends and health care professionals

You can listen to this workshop over the telephone or online.

## Important Questions

### What is a Connect® Workshop?

CancerCare's free Connect® Workshops are a way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone.

### How do I register?

There are three ways to register: mail this registration form to CancerCare, call 1-800-813-HOPE (4673) or register online at [www.cancercare.org/connect](http://www.cancercare.org/connect).

After you have registered, you will receive additional information and instructions.

### Who will benefit from this Connect® Workshop Series?

This Connect® Workshop series offers cancer survivors and their loved ones a better idea of what to expect after treatment ends. The information discussed during these calls is designed primarily for cancer survivors who have recently completed their cancer treatment, but you may find the information helpful even if you were treated a long time ago.

### How will this series help you?

*The person who has come through a cancer experience is indelibly affected by it.* - Fitzhugh Mullan, MD

Ending cancer treatment can be both a welcome milestone and challenging. Most people are relieved to be finished with the demands of treatment, but many also feel sadness and worry. Many are concerned about whether the cancer will come back, and what they should do after treatment. One of the hardest things to face after treatment is not knowing what happens next.

When treatment ends, people often expect life to return to the way it was before they were diagnosed with cancer. Understanding what to expect after cancer treatment can help survivors and their families plan for follow-up care, make lifestyle changes, stay hopeful and make informed decisions about the future.

### Missed a Connect® Workshop?

A listing of featured programs is available by calling 1-888-337-7533, 24 hours a day, 7 days a week. You can also listen to selected workshops on the CancerCare web site. Just log on to [www.cancercare.org/podcasts](http://www.cancercare.org/podcasts).

## Workshop Schedule

Tuesdays  
1:30 - 2:30 PM Eastern Time

### Part I April 13, 2010

#### Trouble Sleeping? Sleep Better to Feel Better: Tips You Can Use

**Elizabeth D. McKinley, MD, MPH**  
Survivor Perspective  
Assistant Professor of Medicine  
Dean, Emily Blackwell Society  
Case School of Medicine, Case Western Reserve University

**Sonia Ancoli-Israel, PhD**  
Director, Gillin Sleep and Chronomedicine Research Center  
Department of Psychiatry, Professor of Psychiatry  
University of California San Diego

**Stewart B. Fleishman, MD**  
Director, Supportive Services  
Continuum Cancer Centers of New York  
Beth Israel Medical Center  
St. Luke's-Roosevelt Hospital

### Part II May 18, 2010

#### Communicating with Your Health Care Team After Treatment: Making the Most of Your Visit

**Neeraj K. Arora, PhD**  
Survivor Perspective  
Research Scientist and Program Director for Patient Centered Care Research  
Outcomes Research Branch, Applied Research Program  
Division of Cancer Control and Population Sciences  
National Cancer Institute

**Sheldon Greenfield, MD**  
Co-Director, Health Policy Research Institute  
Donald Bren Professor of Medicine  
University of California at Irvine

**Thomas J. Smith, MD, FACP**  
Medical Director, Thomas Palliative Care Unit  
Massey Endowed Professor for Palliative Care Research  
Virginia Commonwealth University, Massey Cancer Center

## Workshop Schedule

Tuesdays  
1:30 - 2:30 PM Eastern Time

### Part III June 22, 2010

#### Survivorship and Workplace Transitions

**Peter Daly, PE**  
Survivor Perspective  
Patient Advocate, Center for Patient Partnerships  
University of Wisconsin

**Martha E. Gaines, JD, LLM**  
Director, Center for Patient Partnerships  
Clinical Professor of Law  
University of Wisconsin

**Cathy J. Bradley, PhD**  
Professor and Chair  
Department of Healthcare Policy and Research  
School of Medicine  
Co-leader, Cancer Prevention and Control  
Massey Cancer Center

### Part IV July 13, 2010

#### Survivors Too: Communicating With and Among Family, Friends, and Loved Ones

**Suzanne Martz-Dones, MA, RN, CCRN**  
Family Perspective  
Administrative Nurse Manager  
Montefiore Medical Center

**Laurel L. Northouse, RN, PhD, FAAN**  
Mary Lou Willard French Professor of Nursing  
University of Michigan School of Nursing  
Co-Director, Socio-Behavior Program  
University of Michigan Comprehensive Cancer Center

**Frances Marcus Lewis, PhD, FAAN**  
The Virginia and Prentice Bloedel Professor  
Family and Child Nursing  
University of Washington

## REGISTRATION FORM

### The Eighth Annual Cancer Survivorship Series: Living With, Through and Beyond Cancer

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE\* \_\_\_\_\_

\*Please list the phone number where you can be reached on the day of the workshop.

EMAIL \_\_\_\_\_

Check workshop(s) you would like to attend:

4/13\_\_\_\_ 5/18\_\_\_\_ 6/22\_\_\_\_ 7/13\_\_\_\_

ARE YOU A HEALTH CARE PROFESSIONAL?

YES\_\_\_\_ NO\_\_\_\_

Please mail this registration form to:  
**Carolyn Messner, DSW, MSW**  
**Director of Education and Training**  
**CancerCare**  
**275 Seventh Avenue**  
**New York, NY 10001**  
or

register online at [www.cancercare.org/connect](http://www.cancercare.org/connect)

For more information, call CancerCare at **1-800-813-HOPE (4673)**, visit us online at [www.cancercare.org](http://www.cancercare.org), or email us at [connect@cancercare.org](mailto:connect@cancercare.org).