

# cancer transitions

## Moving Beyond Treatment

A Program of The Wellness Community  
and the Lance Armstrong Foundation

A six week structured program for adults with all types of cancer who have completed treatment within the last 24 months. Program will address exercise, nutrition, emotional health and medical management after cancer treatment ends. Guest speakers include a nurse, registered dietician, fitness expert, and social worker who will offer tools to form a survivorship plan that will extend beyond the program.

**Begins Tuesday May 4, 2010**  
**2:00-4:30pm**

**Jersey Shore University Medical Center**  
**Brennan Conference Room-Lance Auditorium**  
**1945 Hwy. 33**  
**Neptune, NJ 07753**

**Registration Required.**  
**Contact: Jan Tryba, LCSW**  
**732-578-9200**

**the wellness.  
community**<sup>®</sup>  
northern jersey shore  
cancer support, education and hope  
**the diney goldsmith center**

 **Jersey Shore**  
**University Medical Center**  
MEMBER OF THE MERIDIAN HEALTH FAMILY

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