

Webinar



Survivorship Programs to Support Quality of Life

A cancer survivor is defined as anyone who has a history of the disease from the time of diagnosis, for the remainder of their life. The negative effects of the disease, such as physical and emotional health concerns, can decrease the rate of survival. This webinar will identify helpful programs and resources for providers and survivors that promote tips for healthy living and quality of life.

In this webinar the following objectives will be covered:

1. Provide an overview of evidence-based wellness interventions to promote healthier practices including, physical activity, nutrition, smoking cessation, mental & emotional well-being.
2. Participants will recognize how tobacco use interferes with cancer treatment and will be able to identify referral tools to assist patients in quitting.
3. **LIVESTRONG®** at the YMCA is an evidence-based program that brings cancer survivors together on a journey to reclaim their health following treatment. Participants will learn about program structure, burden of care, and how to refer/enroll.
4. Provide an overview of the evidence-based **Cancer PATH: Thriving & Surviving Program** and demonstrate how it motivates survivors and caregivers to improve both their quality of living and health outcomes.

When:

Tuesday March 30th
12-1 pm EST

Presenters:

- Karen Brown, Tobacco Dependence Treatment Coordinator- MDHHS
- Jen Nicodemus, Director of Health Innovations- State Alliance of Michigan YMCAs
- Martha York, Cancer Path Coordinator- Region 2 Area Agency on Aging

How to Register:

Follow the link below

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