

Cancer Support and Wellness Series

Program supported by a grant from the Climb for Cancer Foundation.

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Fourth Wednesday of each month, starting January 2019

1:30 to 2:30 p.m.

Free class series
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Fun and educational classes will be offered to cancer patients, family members and the community to promote health and quality of life. Classes are free, but seating is limited. Snacks and refreshments will be provided on a first-come, first-served basis.

Class topics for 2019 include:

- › Myofascial Therapy: January 23
- › Advanced Directives: February 27
- › Acupressure: March 27
- › Young Adults with Cancer: April 24
- › Managing Your Fatigue: The Balancing Act of Movement and Rest, Part 1 — Rest: May 22
- › Managing Your Fatigue: The Balancing Act of Movement and Rest, Part 2 — Movement: June 26
- › Yoga for Patients with Cancer: July 24
- › Fear of Cancer Recurrence: August 28
- › Nutrition Updates: September 25
- › Managing Your Medical Experience: October 23
- › Developing Your Personal Health Inventory: November 13
- › Palliative Medicine and Supportive Oncology: December 11



UF HealthStreet

University of Florida
2401 SW Archer Road, Gainesville, FL 32608

Parking:

UF HealthStreet is located near the intersection of Southwest 23rd Drive and Archer Road. Attendees may access free parking in front of UF HealthStreet.



Integrative Medicine • Palliative Care

For more information, please contact Megan Freed at 352.294.8278 or by email at megan.freed@medicine.ufl.edu.