Cancer Educational Wellness Series

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

Fourth Wednesday of each month 1:30 to 2:30 p.m.
Free class series

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 and now hosted online.

Class topics for 2020 include:
- Advanced Care Planning: January 22
- The Wisdom of Gentle Yoga for Self-care: February 26
- Mindfulness Tools for Coping with Cancer: March 25
- Strategies and Recommendations for Stress Management: April 22
- Give It Forward: An Innovative Approach to Legacy: May 27
- Holistic and Integrative Medicine in Cancer Care: June 24
- Medical Marijuana: July 22
- Sleeping Better to Improve Health: August 26
- Caring for Yourself Through Art: September 23
- Managing Fatigue Through Rhythm: October 28
- Utilizing Spirituality to Maintain Balance in Your Life: November 11
- The Benefits of Pet Therapy: Featuring a Couple Furry Friends: December 9

The Cancer Educational Wellness Series presentation will be available ONLINE ONLY.
Visit UFHealth.org/cancer-educational-wellness-series, for more information and to join the class via Zoom.

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Integrative Medicine • Palliative Care

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