

# Cancer Educational Wellness Series

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

**Fourth Monday of each month,  
unless otherwise noted**

**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 hosted online.

## **Class topics for 2021 include:**

- › Gentle Yoga for Self-care: February 22
- › Strategies and Recommendations for Stress Management: March 22
- › Mandalas for Relaxation: April 26
- › Miracles, Myths and Medicine: May 24
- › Mindfulness Tools for Coping with Cancer: Wednesday, June 23
- › Holistic and Integrative Medicine in Cancer Care: July 26
- › Improving Quality of Life Through Rehab Services: August 23
- › Nutrition in Cancer Prevention and Treatment: September 27
- › Enhancing Sleep: October 25
- › Tools for Discussing Your Wishes with Loved Ones: November 15
- › How to Use Over-the-Counter CBD Products — Are They Safe? December 13



**The Cancer Educational Wellness Series presentation will be available ONLINE ONLY.**

Visit [UFHealth.org/cancer-educational-wellness-series](https://UFHealth.org/cancer-educational-wellness-series) for more information and to join the class via Zoom.



**Palliative Care**

For more information, please contact Chris Morgan at 352.273.5769 or email at [christopher.morgan@medicine.ufl.edu](mailto:christopher.morgan@medicine.ufl.edu).