

Cancer Educational Wellness Series

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

Free class series

Fourth Monday of each month

1:30 to 2:30 p.m.

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 2022 include:

- February 28** The Wisdom of Self-Compassion and Gratitude
- March 28** Enhancing Sleep
- April 25** Caring for the Caregiver
- May 23** Advance Care Planning for Patients and Caregiver
- June 27** Exercise Prescription Guidelines and Cancer
- July 25** Healthy Habits for Your Mind: Managing Stress Through Mindfulness and Art
- August 29** Eating for Health
- September 26** Social Work in the Cancer Setting
- October 24** Nutrition and Cancer
- November 28** Demystifying Radiation Treatment
- December 19** Sexual Health in the Setting of Aging and Chronic Disease



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.