

# Cancer Educational Wellness Series

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



*Stephanie McDonough, PhD*

Stephanie McDonough, PhD, is a clinical assistant professor in the department of clinical and health psychology in the College of Public Health and Health Professions. Dr. McDonough is co-director of the UF Health Psychology Specialties Psycho-Oncology program. She offers her clinical expertise to hematology/oncology teams across UF Health and provides evidence-based psychological and/or behavioral health intervention services for patients across the cancer continuum.

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## **Strategies and Recommendations for Stress Management**

**Monday, March 22, 2021**

**1:30 to 2:30 p.m.**

*Free class series*

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**While stress is experienced by nearly everyone, it is well known that stress is a common experience for cancer survivors and their families. Research has shown that healthy coping is important for not only emotional health, but also physical health in the context of cancer.**

This one-hour presentation will provide an overview of the association between stress and cancer and focus on strategies and recommendations to manage stress in a healthy manner. Evidence-based coping strategies and resources will be discussed.

This educational class is offered to cancer patients, family members and the community to promote health and quality of life. Classes are free and hosted online.

**This month, 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).**