



# OUT OF THE SHADOWS

After Cancer Treatment  
Wellness Program

# Get back to everyday life after your cancer treatment. Listen to and chat with the experts.

FEBRUARY 23

**Who Turned up the Thermostat? Managing Hot Flashes and other Menopause symptoms after a Cancer diagnosis.**

**Margaret Forbes**

Advanced Practice Nurse

MARCH 1

**How to cut down your sugar to 6 teaspoons a day (and other practical tips to healthy eating)**

**Astrid Quenneville**

Registered Dietitian

MARCH 8, 2016

**Wellwood LECTURE SERIES**

**Cancer through the Camera Lens - A young woman's experience**

**Sarah Solecky**

MARCH 22

**"Who filled the Glasses with Turkey Gravy" What Chemo Fog is and what to do about it.**

**Laura Mishko**

Advanced Practice Nurse

APRIL 5

**Clinical Follow-up for Breast Cancer including the "no pain, no gain" question of aromatase inhibitors**

**Dr. Ghazaleh Kazemi**

APRIL 12

**Wellwood LECTURE SERIES**

**Living With Lymphoma - Coping With 'Watch and Wait'**

**Lymphoma Canada**

APRIL 26

**"My limb is swollen - now what?" What is Lymphedema and what can be done about it?**

**Margaret Forbes**

Advanced Practice Nurse

MAY 3

**What you need to know about side effects of Radiation therapy**

**Michele Cardoso**

Advanced Practice Radiation Therapist

MAY 10:

**Documenting the Past and Embracing the Future: What you need to know about your paperwork as you go forward.**

**Kathy Coskey**

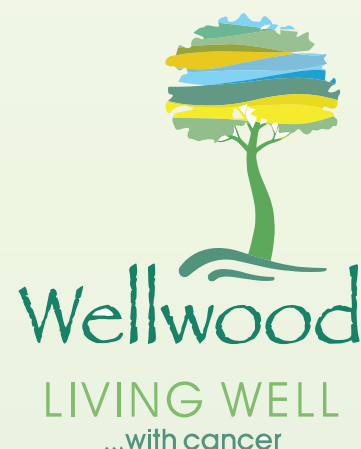
Registered Nurse

**Held 7:00PM Tuesdays at Wellwood Juravinski House**

501 Sanatorium Road  
Hamilton



**FREE PARKING**



Sponsored by  
**Supportive Care  
Juravinski Hospital and  
Cancer Centre**

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**Contact:**

Supportive Care  
Juravinski Hospital and Cancer Centre  
**905-387-9711, ext. 64315**