

# Survivorship Wellness Series

Done with treatment?

Please join us!

**Thrive beyond treatment. Your next chapter starts here.**

Led by UVA Health experts, this **FREE** 6-week virtual series is designed to help you navigate life beyond treatment. Please join us as we share expert guidance, practical tips, and healing for the mind, body, and soul.



**Thursdays June 4<sup>th</sup> - July 9<sup>th</sup> | 6:30 - 7:30PM**



**June 4th**

**Introduction: Welcome to Survivorship Wellness**

- Jennifer Matthews, Cancer Center Concierge
- Jonecy Wagoner, Peer Support Program Coordinator



**June 11th**

**Nutrition & Exercise: Fighting Fatigue & Boosting Energy**

- Megan Poole, RD, CSO



**June 18th**

**Emotional Pain Management & Support**

- Michelle Niesen, LCSW



**June 25th**

**Mindfulness & Stress Reduction**

- Carol Schenck, LCSW



**July 2nd**

**Sexual Health & Intimacy | SHINE Program**

- Benjamin Elliott, BSW



**July 9th**

**Surviving-Thriving After Cancer: Tools for Emotional Wellbeing**

- Lauren Ehrlich, PhD