

# Embracing Life *after* Cancer

## A Cancer Survivorship Series.

A **FREE** educational opportunity on **Tuesdays** from **6-7:30 p.m.**  
**Mid Coast Center for Community Health & Wellness Teaching Kitchen**  
329 Maine Street-SOUTH ENTRANCE, Brunswick

**April 16**  
**Embracing Life After  
Cancer 101**

*Melissa Chretien, RN, ONC*  
Topics include: prevention  
screening, staying healthy,  
weight management, and  
life style choices.

**April 30**  
**Nutrition & Cancer:  
Changing Your Habits  
Does Matter**

*Timothy Howe, MD*  
Discussion focuses on  
plant-based diet.

**May 7**  
**Physical Challenges  
After Treatment**

*Yonca Berk-Giray, MS, CCC-SLP*  
*Hillary LaForge, OT, and*  
*Tina Phillips, PT*

For more information call  
**(207) 373-6585** or visit  
[www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness).

**May 14**  
**Moving Toward Health:  
Exercise and Survival**

*Cate Parker MS, RN, CEP*

**May 21**  
**Financial Challenges  
After Treatment Ends**

*Michelle Hayes, LCSW*  
Topics include: health  
insurance, returning  
to work, reasonable  
accommodations,  
and disability.

**June 4**  
**Psychological Reactions  
to Cancer Diagnosis &  
Ways to Cope**

*Jon Larssen, MDiv and*  
*Michelle Hayes, LCSW*

**June 18**  
**Sexuality After  
Treatment**

*Mikee Spaulding, FNP-C and*  
*Melissa Chretien, RN, ONC*



MID COAST *Center for*

**Community Health & Wellness**

[WWW.MIDCOASTHEALTH.COM/WELLNESS](http://WWW.MIDCOASTHEALTH.COM/WELLNESS)