Regions Hospital®
HealthPartners®

Cancer Rehabilitation Lecture Series

Cancer rehabilitation helps people living after a cancer diagnosis restore and maintain the best possible function and quality of life before, during and after cancer treatment. This lecture series will provide information to help guide you and your loved ones through the resources available for cancer rehabilitation.

When

Second Tuesday of every other month starting in April from 5:30 to 7 p.m.

Where

HealthPartners Specialty Center in the Evergreen Room located at 401 Phalen Blvd., St. Paul, MN 55130

Upcoming topics*

- April 14, 2015: Stress management, adjustment and lifestyle changes
- June 9, 2015: Complementary therapies
- Aug. 11, 2015: Fatigue management, cognitive changes and chemo brain
- Oct. 13, 2015: Nutrition, exercise coaching and well-being
- Dec. 1, 2015 (First Tuesday of Dec.): Cancer rehabilitation and lymphedema

*subject to change

Series funded by a Regions Hospital Foundation Sharing at Work grant and developed in partnership by the Regions Hospital Cancer Care Center and the Regions Hospital Rehabilitation Institute

For more information, visit **regionshospital.com/cancer** or call **651-254-3572**.

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