



## *Survivorship: Navigating the New Normal*

*A four-part series to guide cancer survivors through the lifestyle changes that occur after cancer and encourages wellness for the mind, body & soul*

**Presented by: Dr. Rula & Ironwood Integrative Services Team**

➤ Week One – Feb 5th:

**An Integrative Approach to Cancer Survivorship: Lifestyle Matters!** – Dr. Heidi Rula

➤ Week Two- Feb 12th:

**Exercise Basics for Cancer Survivors** – Catherine Costin, RN, MSN, CMES

➤ Week Three – Feb 19th:

**Eating Like a Survivor** – Ironwood Dieticians

➤ Week Four – Feb 26th:

**Taking Care of You: Mind, Body & Spirit** – Jessica Wells, LMSW & Kelly Huey, MSW, MCSW, OSW-C

Classes meet every Tuesday in February at Ironwood Chandler II

**6:00pm – 7:30 pm**

**685 S. Dobson Rd.  
Chandler, AZ 85224**

Commitment to attend all four classes in the series is requested. Please **RSVP** to Ironwood Integrative Services required to: (480)-314-6660 or [cendicott@ironwoodcrc.com](mailto:cendicott@ironwoodcrc.com)



**Ironwood Cancer  
& Research Centers**

*Outsmarting Cancer One Patient at a Time™*