



Survive and Thrive

Virtual Group Education Series

Connect with others who have experienced cancer and learn ways to cope with changes from cancer treatment with Cleveland Clinic's virtual support group series. This free series provides education, support and resources to help you live well.

2024	Time EDT	Series Name
Jan. 11	11:30 a.m. - 12:30 p.m.	Sleep Issues After Cancer
Feb. 8	11:30 a.m. - 12:30 p.m.	Mindfulness and Wellness After Cancer
Mar. 14	11:30 a.m. - 12:30 p.m.	Coping with Cancer Recurrence
Apr. 11	11:30 a.m. - 12:30 p.m.	Parenting and Family Issues After Cancer
May 9	11:30 a.m. - 12:30 p.m.	Returning to Work After Cancer
Jun. 13	11:30 a.m. - 12:30 p.m.	Managing Stress After Cancer
Jul. 11	11:30 a.m. - 12:30 p.m.	Fertility Issues After Cancer
Aug. 8	11:30 a.m. - 12:30 p.m.	Eating Well After Cancer
Sep. 12	11:30 a.m. - 12:30 p.m.	Fitness and Exercise - The Benefits of Yoga After Cancer Treatment
Oct. 10	11:30 a.m. - 12:30 p.m.	LGBTQ+ Survivorship
Nov. 14	11:30 a.m. - 12:30 p.m.	Perceptions of Growth and Meaning After Cancer

To register or learn more, visit clevelandclinic.org/taussigsurvivethrive or call **216.445.CARE (2273)**.

Zoom details and login information will be sent to you prior to each session.

