



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.

Date 2023	Time EDT	Series Name
Apr. 13	11:30 a.m. - 12:30 p.m.	Coping with Fear of Recurrence
May 11	11:30 a.m. - 12:30 p.m.	Sleep Issues After Cancer Treatment
Jun. 8	11:30 a.m. - 12:30 p.m.	Returning to Work After Cancer Treatment
Jul. 13	11:30 a.m. - 12:30 p.m.	Stress Management
Aug. 10	11:30 a.m. - 12:30 p.m.	Nutrition and Survivorship
Sep. 14	11:30 a.m. - 12:30 p.m.	Returning to Work After Cancer Treatment
Oct. 12	11:30 a.m. - 12:30 p.m.	Mindfulness and Wellness After Cancer Treatment
Nov. 9	11:30 a.m. - 12:30 p.m.	Anxiety and Fear of Recurrence

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.

