



# Cancer Survivorship Education Series

January - June  
5:30pm - 7:30pm  
Dining Rooms 1 & 2

## January 18

Intro to Cancer Survivorship  
Exercise after Cancer Diagnosis  
Nutrition

## February 15

Estate Planning  
Living Wills & Durable Power of Attorney

## March 15

Stress Management  
Spirituality

## April 19

Social Security & Disability Part 1  
Social Security & Disability Part 2

## May 17

Caregivers & Relationship with Others  
Chaplain Address

## June 21

Open Forum  
Expert panel to discuss survivorship and answer questions

**Call 333-1610 ext. 5 or visit [sgmc.org](http://sgmc.org) to register**

*\* Open to all cancer survivors and their family members.*